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**Winner beefs up flavor
on grill to win cook-off**

Food, Page 1C



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VOLUME 21, NUMBER 80

WEDNESDAY, OCTOBER 8, 1997

FIFTY CENTS

Costello will remain driving force

By Scott Kelly
Staff writer

Rep. Jerry Costello is planning on being around for a while. The Illinois congressman sees big things for the future of the Metro East, especially in terms of population and transportation, and he plans on being a part of it.

He has been a supporter of many transportation-related issues, and now some of those projects are finally taking off. MetroLink, the MidAmerica Airport and Mississippi River bridges have Costello's stamp on them, and will undoubtedly help the area continue to grow and prosper into the 21st century.

An Illinois State University study predicts that over the next 20 years,

"If Madison (County) wants (MetroLink), it is not too early to start."

Rep. Jerry Costello

the population of Madison, Monroe and St. Clair counties as a whole will grow by 19 percent. Part of that, he says, will be because of the light-rail, the airport and other improvements.

"With the loss of many industrial jobs" over the past decades, one thing to keep people here "was to make the region more accessible," Costello says.

The three counties will have more and better jobs and a higher quality

of life because the improvements greatly help get people and products from one part of the country to another, he says.

Costello has been a proponent of MetroLink and MidAmerica Airport for several years. As chairman of the East-West Gateway Coordinating Council, Costello urged and sought help in making the Metro East a "true regional entity."

Costello is very proud, is set to open Nov. 8, and the MetroLink project is now in Phase Two. Phase One is the original track, and the second phase is bringing the rails to Belleville Area College and on to Scott Air Force Base and the new airport. Phase Three involves new expansion in Missouri. Future efforts may involve expansion into Madison County, but that is up to voters.

"If they want to see MetroLink expand (into Madison County), it takes years of planning to make it a reality," he said. Planning for Phase Two began during the 1980s, and now, 11 years later, it's apparently coming true.

"If Madison (County) wants it, it is

(See COSTELLO, Page 5A)



Rep. Jerry Costello

Scientific principles

Marshall teacher
wins state award

By Scott Kelly
Staff writer

Dot Bailey's students told her recently she's going "batty."

"They weren't being disrespectful at all, but bats had in fact played a big part in the Marshall Elementary School fourth-grade teacher's life."

Some months ago Bailey had taken her students to a cave in Waterloo to teach them all about bat myths and reality. She wrote up everything that came out of the trip and sent it to the Illinois Science Teachers Association (ISTA) committee reviewing the year's nominations for the Excellence in Elementary Science Teaching award.

In May, the ISTA notified Bailey she was one of 10 who would receive the award. The National Science Foundation and the ISTA named Bailey as one of 10 winners of the 1997 Illinois awards. Gov. Jim Edgar presented the award Friday in Peoria.

"I was treated like royal

(See AWARD, Page 5A)



Staff photo by JOHN FRESE

Dot Bailey (center), a Marshall Elementary fourth-grade teacher, shows students Tim McGee (left) and Kassie Lowe a tarantula, part of the class' study of arachnids. Bailey was honored last week with an Illinois Science Teachers Association award for excellence in elementary science teaching.

Senate to consider utility deregulation

Bill would give consumers electrical choice

By Mark Hodapp
Staff writer

What's in it for me? That's just one of the many questions most Illinois consumers have about electricity deregulation.

For Illinois consumers, deregulation could mean several things, including a 15 percent reduction in electricity rates.

But first, the state must pass legislation that will allow deregulation to occur.

To that end, the Senate is expected to consider Senate Bill 55 during its fall veto session, Oct. 28-30 and Nov. 12-14.

Sen. William Mahor (R-Orland Park), who originally introduced the bill in the spring, did not even call it during the past legislative session because he thought it was "too complicated."

In May, the Illinois House voted 85-12 to approve the bill that:

- Cuts residential electric rates for most consumers by 15 percent.
- Gives Illinois businesses a competitive advantage by lowering their costs.
- Creates funding to help low-income families.

- The Consumer Alliance Alliance, a regional organization of consumers for electricity, says any piece of legislation to restructure the electric utility must be able to do a number of things, including:

- Guarantee consumers electric rate reductions.
- Support existing and future social policies and programs.
- Involve the input of consumers, not only large industrial users.

- Provide safeguards for consumers against unlawful marketing practices.
- Maintain high environmental standards and ensure all power supplies adhere to their standards.

- Ensure that the tax base is not undermined, economic development does not suffer and local jobs are protected.

Senate Bill 55 also sets in motion a process which eventually would give consumers the option of choosing their electricity provider from an array of companies throughout the country.

Senate Bill 55 is meeting opposition.

The Illinois Commerce Commission, which must approve all electric rates, has gone on record opposing the legislation, saying the bill "is not balanced."

(See BILL, Page 4A)

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5 FULLER'S FORECAST
John Fuller, Meteorologist, KSTU NewsChannel 5

WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
78 61	76 59	73 55	70 52

Officer views woman firing shots

By Scott Cousins
Staff writer

An East St. Louis woman was charged Monday after allegedly firing shots at a man boarding a Bi-State bus in Venice — in full view of a Venice police officer.

The incident was one of several violent episodes over the weekend.

Nicole R. Bonner, 22, of the

VENICE

500 block of Gray Boulevard, East St. Louis, was charged with aggravated discharge of a firearm.

Nobody was injured in the shooting incident, which occurred at about 9:50 p.m. Saturday.

As of Monday morning Bonner was in custody at the Ven-

ice Police Department.

Chief James Newsome said officers plan to meet with the Madison County State's Attorney Monday afternoon.

He also said Bonner gave police several birth dates, and finally told them she was a juvenile.

Juveniles cannot be held in police station cells, but must be transported to the Madison County Juvenile Detention

Facility.

On Bonner's arrest report her birthday is listed as April 13, 1973, however, the charges filed at the circuit clerk's office showed a birth date of 1977.

According to police reports, a Venice officer patrolling in the 1300 block of Klein Street

(See VENICE, Page 3A)

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NEWS

VOICE BOX

What do you think about all the military planes that have crashed lately?



"They say there is no connection, I don't agree. I think the military is hiding something. It should be investigated."
Melissa Mayer, student
Granite City



"Something is definitely wrong here. How often do you see six planes crash in such a short period. (and all military too)."
Todd Anderson, Military Diver
Granite City



"There is no conspiracy. I think the military needs to put our pilots in better planes."
Jason Talley, college student
Granite City



"They are definitely hiding something. I think the government should be honest with us. Come on (that many) in a row."
Derek Penrod, student
Granite City



"I don't believe there is a conspiracy, however I do believe the government has problems with owning up to their mistakes. Fix what is wrong and get on with it, after all we lost lives here."
Gary Penrod, G.C. Street Dept.
Granite City

Photos by Shirley Valencia
Interviewed in Granite City

Memorial honors victims

Each year numerous lives are lost or changed forever because of domestic violence. In an attempt to reverse the trend, the Illinois Silent Witness Exhibit was organized by the National Council of Jewish Women, Chicago-area sections.

Part of a nationwide program, the exhibit is a memorial featuring 27 life-sized silhouettes honoring Illinois women who died in 1994 because of domestic violence. Another silhouette represents the additional victims whose stories remain untold.

The exhibit was on display Tuesday at St. Elizabeth Medical Center in Granite City and will be open for viewing today at the Madison County Courthouse.

On Oct. 18, exhibits from all states and Guam will be displayed in Washington, D.C. It represents 1,500 victims and will be carried from the Washington Monument to the Capitol building as part of the March to End the Silence.

For more information on the

exhibit or on local domestic violence programs call 798-3018.

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Let's Talk REAL ESTATE

by Jerry Besserman & Tina Stanley REALTORS

Nothing can be more discouraging to first-time buyers than to discover that they cannot afford the home of their dreams. Unfortunately, many set themselves up for this disappointment by neglecting to make a realistic calculation of their price range. According to conventional wisdom, a home should cost no more than 2.5 times a buyer's annual income. Typically, lenders expect buyers to pay no more than 28% of their gross incomes for housing, which includes the loan payment, property tax, homeowners insurance, and estimated utility costs. And, as a general rule, total indebtedness (including monthly housing expenses) should not exceed 36% of the home buyer's gross income.

If you're interested in purchasing a home, take note of these simple tips on how to calculate a price range that makes sense given your salary. Call Tina Stanley and Jerry Besserman at 877-7653 for objective information through every phase of the real estate process. We'll assist you with finance options, show you homes listed in Multiple, negotiate your offer, and oversee the home inspection. Tina can be reached at 782-4300. Jerry can be reached at 782-9847. We combine years of experience and ethical standards to ensure you receive the best possible results. The office is located at 2128 Pontoon Rd.

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County looks to control weeds

Special to the Journal

Jack Frost will beat them to the patch this year, but Madison County officials are looking for a better way to keep the weeds away next season.

The County Board's Land Use Committee agreed Wednesday to draft an ordinance requiring county residents to cut the weeds or face a fine. The move comes after committee members began hearing complaints about high weeds in urban parts of the county this summer.

County Building and Zoning Administrator Joe Parente

COUNTY BOARD

said counties have a legal right to force residents to cut the weeds, if an ordinance is on the books, but only townships and municipalities have the right to cut the weeds and put a lien on the property to recover the cost.

The county now operates under the state law prohibiting

noxious weeds, but that does not cover ordinary grasses that many people see as weeds, Parente said.

Committee Chairman Jack Frandsen, D-Alhambra, said he is interested in a possible fine in the new law to encourage compliance.

"You never wake up anybody until you hit them in the pocket book," he said.

Parente, who researched the applicable laws, said the staff

will put together a draft ordinance for committee approval in the next few weeks. The regulations will force residents to cut offensive weeds or face legal action and/or fines.

The new regulation will give the county more power in those areas not regulated by local ordinances.

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Alleged cannabis grower acquitted • Costello

A Madison man was recently acquitted of unlawful manufacture of cannabis.

Gregory Stenitzer, 27, was acquitted in a bench trial before Circuit Judge Edward Ferguson in the Madison County courthouse on Sept. 18.

On May 24, 1996, police went to Stenitzer's home in the 1000 block of Grand Avenue while

searching for Stenitzer after an incident in Granite City.

Stenitzer's mother told police he was not there, and gave permission to search the home. During a search of a shed in the rear of the property, police discovered a "large marijuana grow farm" including 11 fully grown marijuana plants, eight

pots of stems and equipment allegedly used for the production of marijuana.

Stenitzer's attorney, Andy Miodsky of Granite City, said that the property did not have water or power service, and that "several persons other than Stenitzer had access to the premises."

(Continued from Page 1A) not too early to start," he says. County voters will decide on a Metrolink tax in November.

Twenty percent of people who work in downtown St. Louis live in Illinois, he says, which underlies another project Costello supports, revamping existing Mississippi River bridges and building a new one from north St. Louis to possibly the National City area.

"No question we need another bridge," Costello says. He plans to work once again with both Illinois and Missouri officials to help build the bridge.

A major transportation bill

is coming up before Congress. Costello authored the part of the bill that includes money for the project.

One area that has hurt the Metro East, Costello says, is NAFTA, the North American Free Trade Agreement.

Then and now it has brought down wages in the United States," he said. "The U.S. and Mexico have not received the benefits" they were promised. The standard of living in Mexico has not improved, he added.

Costello also opposes President Bill Clinton or any president having fast-track authority.

"We cannot be armed with only an up or down vote," he says. "The country is better served when Congress has a full vote."

Costello is fast becoming a senior man in Washington, D.C. He is one of the senior members on the House transportation committee. If the Democrats regain control of the House in 1998, Costello will probably chair a subcommittee. The Democrats have a very good chance to win in '98, he said, and he plans to be there.

"There are more things needing addressing," he said. "I hope to be around."

POLICE LOG

Granite City

ARMED ROBBERY: Two armed men robbed Charlie's restaurant, 5240 Nantux Road, early Monday morning and escaped with an undetermined amount of money.

According to the Madison County Sheriff's Department, the robbers entered through an unlocked rear door, bound with tape the only employee present and then took a bag of cash stashed in a food cooler. Police are investigating.

THEFT: Sometime between 6 p.m. Oct. 4 and 7 a.m. Oct. 6, person or persons unknown stole the wheels and tires off a 1997

Ford pickup at Koetting Ford, 3465 Progress Parkway. The 4 cast aluminum wheels were valued at \$175 each and the tires at \$125 each. Granite City Police have no suspects at this time.

AUTO THEFT: A 1992 Pontiac was stolen from the K-Mart parking lot on Oct. 6. Police are investigating.

Venice

BURGLARIES: Two burglaries were reported in Venice early Tuesday morning.

At around midnight, police responded to a burglary report in the Blaisell Street Apartments. The victim said she came

home, opened her front door and found the apartment had been ransacked.

A Sony stereo, compact discs and cassettes, and a \$200 pair of Nike shoes were reported missing.

At about 3:15 a.m., police responded to a burglary report in the 1000 block of Douglas Street.

According to reports, the resident heard a noise and went downstairs to investigate. When the resident went outside, he reportedly saw two men running away.

Entry had been gained by breaking a basement window. Nothing was reported stolen.

• Award

(Continued from Page 1A)

ty," Bailey said. During the weekend, 300 people came to hear her presentation on bats.

Virgil Kambarian Jr., principal at Marshall, nominated Bailey for the award.

"I felt that after over 30 years of teaching she retained a special type of enthusiasm," he said.

Bailey has been able to maintain a level of energy in her teaching that's "remarkable," he said.

Part of Bailey's teaching strategy is to draw everything possible out of a specific lesson.

"I use science as the root of everything I teach," she said.

For example, instead of simply giving a reading assignment, Bailey could assign her class to find five facts about bats.

"They read without knowing they're reading," she said.

Next, Bailey would have them write reports about bats, which would take care of the writing lesson, and then find words that describe what bats do. Finding the verbs would count as a spelling lesson.

Right now, the students are studying arachnids, or spiders,

and Bailey will cover spelling, reading, writing and even math using scientific study of arachnids as a springboard.

"These kids are fourth-graders," she said. "We're not teaching them how to read, but using the skills they already have and building on them."

Bailey is actually typical of the teachers in the Granite City School District, Kambarian said.

"She epitomizes a lot of what teachers are in this district," he said. "Dot and a lot of teachers in the district look on (teaching) as a calling."

• Venice

(Continued from Page 1A)

Saturday night allegedly observed Bonner walking north-bound toward a bus stop.

The officer said she pulled a gun from her right-front pants pocket, fired two rounds at a man getting on a Bi-State bus, then put the weapon back and walked away "like nothing had happened."

The officer stopped Bonner and took a .22-caliber revolver from her. The gun contained

four live rounds and two empty casings.

After she was stopped and disarmed, the officer reported that Bonner said her intended victim "deserved to be shot, and I will shoot at him again because of what he done to me."

The intended victim is a 24-year-old Madison resident. In an unrelated incident, police are seeking charges against two people after a brawl in the Venice Homes apartments Sunday night.

The incident allegedly started at about 9:30 p.m. when a woman exiting a car got into an argument with the driver. As she was walking in front of the vehicle, the driver allegedly tried to "run her down." She then went over to the driv-

er's side window and punched the man in the face.

According to reports he then exited the vehicle and charged at the woman, who hit him with a shoe.

After a short struggle, the man reportedly went back to the car, parked it, and then joined a group of young men, telling them what he would do to the woman.

The woman's brother then came over and asked why he tried to run her down. A neighboring woman told police she then saw the man taking off his shirt as if preparing to fight, but then four unidentified females jumped him.

After the man complained of back pain, he was taken to St. Elizabeth Medical Center.

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FLEECE CREWS OR PANTS.
Big Men's or Women's: Just My Size, sale 7.99.
Girls' 4-6X, boys' 4-7, sale 3.99.
Girls' 7-16 or boys' 8-20, sale 4.99.
Infants' or toddlers' sizes, sale 3.99.

30% OFF
LADIES' HANES HER WAY BRAS AND
CONTROL BRIEFS. Sale 3.49-7.69.
Ladies' Hanes Her Way 6-pk. panties,
sale 7.49. Briefs and hi-cuts.

13.99 SALE
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ROGERS' SATIN CHEMISE,
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OR SHORT ROBE.

25% OFF
ENTIRE STOCK* BOYS',
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Sale 1.34-7.49.
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*Excludes Venture Value.

2 for \$9 SALE
ENTIRE STOCK GIRLS' 4-6X
AND BOYS' 4-7 TURTLENECKS.
Reg. 6.99, each.
Girls' 7-16 and boys' 8-20, sale 2 for
\$11. Infants' and toddlers', sale 2 for \$7.

2 for \$13 SALE

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BRIEFS. Sizes 32-40.
Boys' sizes 6-11, sale 2 for \$11.

16.99 SALE
MEN'S RIDERS REGULAR FIT JEANS.
Reg. 21.99. Sizes 29-42.
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Men's Riders relaxed fit
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HALLOWEEN COSTUMES,
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NEWS



Hero of the year

Sgt. Richard Anderson, center, of the Madison County Sheriff's Department, receives his "Hero of the Year" award from Kermit Hotgrewe, left, Americanism Director; and Bernie Monroe, right, Grand Chief De Gare 40/8 Dept. of Illinois. Anderson was cited for an April 29 incident where he saved the life of a bus-accident victim by administering CPR. Anderson remained on the scene until an ambulance arrived and transported the victim to the hospital.

Booths available for expo

The Collinsville Chamber of Commerce and the Gateway Center will be sponsoring the fifth Southwestern Business Expo to be held from noon to 8 p.m. on Thursday, Nov. 20, at the Gateway Center in Collinsville.

Area businesses, service organizations and agencies will have a chance to display their products and services.

People attending will have the opportunity to view the best of businesses and groups.

Exhibitors will be offering free gifts, drawings and coupons for discounts on merchandise and services.

Last year's booths represented a wide variety of businesses and organizations like car dealers, cosmetics, construction companies, restaurants, hospitals, banks and theaters.

More than 55 exhibitors were on hand displaying their products and services.

Expo '87 is free to the public, and the first 300 people will receive a free lunch, compliments of Illinois Power and Anderson Hospital.

There will be a fashion show, along with several seminars and demonstrations between the 1-4:30 p.m.

This year, the Collinsville Chamber of Commerce will be sponsoring the ChamberNet, to be from 5 to 8 p.m.

The theme is the '50s, and Elvis is still alive and will appear on stage during the ChamberNet.

The cost is \$3 per person and prepaid invitations can be obtained for distribution to customers or others that an exhibitor might want to invite.

There is still room on the exhibitor's list.

For more information, call 344-2884.

Incentives offered to commuters

By Scott Cousins
Staff writer

Cash prizes, tickets to St. Louis Rams games, T-shirts and other prizes are among the incentives being offered by RideFinders this fall.

As part of its fall promotion, RideFinders is responsible for promoting car and van pooling in the St. Louis region — is offering prizes for commuters registering with the agency.

"While the extra prize incentives during the fall promotion make this an ideal time to register, there are several other benefits available to registered commuters throughout the year," said Jane Smith, RideFinders program manager.

"We know there are thousands of other commuters in the region who are using alternatives but are not yet registered with us and, therefore, are missing out on those benefits," Smith said.

The new promotion began Monday. By registering, commuters automatically will be eligible for the "Register and Win. You'll Reap the Benefits" promotional prize drawing.

The grand prize is \$500. Other prizes include four tickets to the Nov. 23 St. Louis Rams/Carolina Panthers game and RideFinders T-shirts and commute-related items.

"Anyone who chooses an alternative commute is already a winner."

Jane Smith
program manager

Registration is free, and everyone who registers will receive a RideFinders commuter discount coupon book.

Smith said commuters who currently drive alone but are interested in an alternative that can lower costs, reduce stress and help improve air quality can call for information.

RideFinders can match riders with prospective car pool or van pool partners or coordinate with the Bi-State Development Agency or Madison County Transit to help them map

out a transit route that meets their needs.

"In essence, anyone who chooses an alternative commute is already a winner, because they have lower costs and a less stressful commute," Smith said.

RideFinders was established in 1994 to help reduce traffic congestion and vehicle emissions in the St. Louis region, and is operated by the Madison County Transit District. The program serves employers and commuters in the city of St. Louis and seven counties: St. Louis, Jefferson, St. Charles and Franklin in Missouri and Madison, St. Clair and Monroe in Illinois.

Approximately 1,100 car pools with 2,745 riders are registered with RideFinders. The program's data base of potential riders increased 54 percent last year — to 11,461 from 8,566.

Depending on a commuters' traveling distance and how often they pool the savings can be significant — hundreds of dollars annually for the average resident.

For information or to register, call (800) VIP-RIDE.

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OBITUARIES

David Tucker

DAVID RAY TUCKER, 60, of Sikeston, Mo., formerly of Peoria, died on Sunday, Oct. 5, 1997, at Missouri Delta Hospital after a six-day stay. He was born on Jan. 5, 1937, in Madison.

Mr. Tucker was employed as a General Manager by Total Petroleum for 10 years, Whitman and Barnes in Michigan for 5 years, Decatur Custom Tool for 5 years, and Barrett Industrial Supply in Peoria for 5 years. He was also a member of the Marine Reserves and the Arrowhead Country Club.

Survivors include his mother, Rachel (Williams) Tucker of Patterson, Mo.; three sons, John Tucker of Normal, Steven Tucker of East Peoria, and Tim Tucker of Bloomington; one daughter, Tammi Tucker of Tampa, Fla.; four sisters, Thelma Falkner of Edwardsville, Lorene Fox of Patterson, Mo., Virginia Trebing of Madison, and Doris Fox of Piedmont; and four grandchildren.

He was preceded in death by his father, John W. Tucker.

Visitation will be from 4 to 8 p.m. today, Wednesday, Oct. 8, 1997, at Thomas Mortuary, 2205 Pontoon Rd. Services will be at 1 p.m. on Thursday, Oct. 9, 1997, at the funeral home with the Rev. Charles Jera of the Pentecostal Church of God officiating. Burial will be in Sunset Hill Memorial Estates.

Memorials are suggested to Alzheimer's Association.

Roy E. Graham

ROY E. GRAHAM, 97, of Granite City died on Oct. 3, 1997, at St. Elizabeth Medical Center. He was born in Fredericktown, Mo., and lived most of his life in Eminence, Mo.

Mr. Graham retired from the U.S. Postal Service and was a member of the Eminence Assembly of God Church.

Survivors include his wife of 71

years, Pauline Graham; and his daughter, Lucille of Granite City. Visitation and services were held at Duncan Funeral Home in Eminence, Mo.

Memorials are suggested to the Assembly of God Church in Eminence.

Delmer Cottrell

DELMER R. COTTRELL, 61, of Granite City died on Oct. 5, 1997, at his home. He was born on Oct. 8, 1935, in Calvert City, Ky.

Mr. Cottrell was an attendant for 20 years at Consolidated Gas Company before retiring in 1977. He was a member of Teamsters and Chauffeurs Local 525, and a member of Maryville Road Church of the Nazarene.

Survivors include three sons, Richard and Louis Cottrell both of Granite City, and Frank Fisher of Granite City; one daughter, Debbie Batson of Granite City; one sister, Hazel Rippy of Big Rock, Tenn.; 11 grandchildren; and 13 great-grandchildren.

He was preceded in death by his wife, Marie (Cuppert) Cottrell; his parents, Louis and Clara (Row) Cottrell; and one son, William Fisher.

Visitation was on Tuesday, Oct. 7, 1997, at Werner Chapel. Services

will be at 10 a.m. on Wednesday, Oct. 8, at the funeral home with the Rev. Kevin Clements, pastor of Maryville Road Church of the Nazarene, officiating. Burial will be in Sunset Hill Cemetery.

Memorials are suggested to Maryville Road Church of the Nazarene.

Alma Childers

ALMA J. CHILDERS, 66, of Granite City died at 5:15 p.m. on Oct. 2, 1997, at St. Elizabeth Medical Center in Granite City. She was born on Sept. 16, 1931, in Sesser.

Mrs. Childers retired, in September of 1986, from St. Elizabeth Medical Center where she had been a housekeeper for 15 years. She was a member of the Protestant faith and a member of Pontoon Beach Senior Citizens Club.

Survivors include three daughters, Leola Duff of Collinsville, and Anne Young of St. Louis; one sister, Lou Shinn; and one brother, Paul E. Merkel.

Visitation will be from 4 to 8 p.m. today, Sunday, Oct. 5, 1997, at Werner Chapel. Services will be at 10 a.m. on Monday, Oct. 6, at the funeral home with the Rev. Alan Redfern officiating. Burial will be in Sunset Hills Cemetery.

Memorials are suggested to the American Cancer Society.

Richard Joseph

RICHARD WILLIAM JOSEPH, 48, of Granite City died at 2:20 p.m. Oct. 3, 1997, in Shiloh. He was born on June 27, 1949, in Baltimore, Md.

Mr. Joseph was employed by McCarthy Construction Co. He was a member of the Labor Local 670 in O'Fallon.

Survivors include his wife, Elvia (Brendel) Joseph, whom he married in 1972 in Troy; four daughters, Carla Estes and Laura Meyer both of Caseyville, Wanda Lee of Lebanon,

and Tonia Joseph of Collinsville; one son, Earl Lee of Salem; one sister, Judith Joseph of Carlyle; and seven grandchildren.

He was preceded in death by his parents, James O. and Anna Margaret (Meyer) Joseph; and one son, Richard William Joseph Jr. in Feb. of 1973.

Services were at 1:30 p.m. on Tuesday, Oct. 7, at Herbert A. Kassy Funeral Home, Ltd. in Collinsville with the Rev. Dale Clements officiating. Burial was in Sts. Peter and Paul Catholic Cemetery in Collinsville.

Memorials are suggested to the family of Richard W. Joseph.

Christopher Tucker

CHRISTOPHER LYNN TUCKER, 26, of Granite City died at 9:21 p.m. on Oct. 2, 1997, in Edwardsville. He was born Nov. 24, 1970, in Granite City.

Mr. Tucker was a landscaper at Home Nursery in Edwardsville. He was a member of the Protestant faith.

Survivors include his father, William Joseph Tucker of Granite City; his mother, Frieda (Wallace) Tucker of Granite City; one son, Douglas of Granite City; four daughters, Daanna, Melissa, Christine, and Jessica, all of Granite City; two brothers, Steve Adams of Lincoln, Neb., and Gary Adams of Granite City; and one sister, Charlene Tucker of Sarasota, Fla.

Marie Ann Brinker

MARIE ANN BRINKER, 84, of Washington Park died on Saturday, Oct. 4, 1997, at Memorial Convalescent Center.

Mrs. Brinker was a former secretary and church housekeeper at St. Martin of Tours Church in Washington Park where she was a member for 49 years. She also was a member of the St. Ann's Altar Society, Legion of Mary and Parents and Friends of St. Martin.

Survivors include three sons, Robert Brinker of Highland, Lawrence Brinker of Madison and Michael Brinker of St. Louis; one daughter,

Mary Ann Black of Caseyville; two sisters, Emily Embrich of Belleville and Kathryn Helfrich of Milledale; 10 grandchildren; and 14 great-grandchildren.

She was preceded in death by her husband, Lester Brinker; her parents, John and Suzanne (Seliga) Chagala; two brothers, Joseph Chagala and John Chagala; and two sisters, Ann Kovac and Susie Kovac.

Services will be at 9:30 a.m. today, Wednesday, proceeding from Kassy Mortuary in Fairview Heights to St. Martin of Tours Church for a 10 a.m. Mass of Christian burial. Burial will be in Holy Cross Cemetery in Fairview Heights.

Memorials are suggested to the charity of the donor's choice.

Lloyd Reynolds

LYOYD REYNOLDS, 65, of Maryville died on Saturday, Oct. 4, 1997, at St. Mary's Health Center in Richmond Heights, Mo. He was born on Feb. 20, 1932, in Carroll.

Mr. Reynolds worked at AO Smith Corp. in Granite City for 25 years and retired from Collinsville School District Unit 10. He was a member of Sts. Peter and Paul Catholic Church in Collinsville.

Survivors include his wife, Marie (Davi) Reynolds, whom he married on Jan. 1, 1953, in Collinsville; one daughter, Linda Rush of Belleville; three sons, Kenneth Reynolds of Collinsville, Michael Reynolds of Belleville and Gary Reynolds of Maryville; two brothers, Paul Reynolds of Collinsville and Larry Reynolds of Edwardsville; six sisters, Mary Figue of Alton, Charlotte Baglin of Troy, Esther Epley of Granite City, Doris Leffler of Indiana, Wilma McGowan of Hardin and Thelma Miller of Colorado; and seven grandchildren.

He was preceded in death by his parents, Lloyd Melvin and Lydia (Chapman) Reynolds; and two sisters, Harriet Reynolds and Wanelia Pinnell.

Services were Tuesday, Oct. 7, at the Herbert A. Kassy Funeral Home, Ltd. in Collinsville and at Sts. Peter and Paul Catholic Church with the Rev. Robert Morris officiating. Burial was in Sts. Peter and Paul Catholic Cemetery in Collinsville.

Memorials are suggested to the American Heart Association.

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- Don Cottrell, PT, Director, Rehab Services
- Eric Feder, PT, Physical Therapist
- Angela Weeks, RD, LD, Registered Dietitian
- Gerry McPhearson, RN, Orthopedic Nurse
- Lucy Kreh, OT, Occupational Therapist

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Monday, October 20, 1997

7 to 9 p.m.

Memorial Hospital Auditorium
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This program is free. Reservations are requested. Call Memorial's Community Relations Department at 257-5649.

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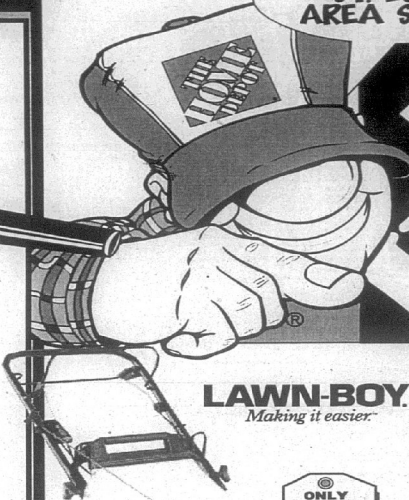
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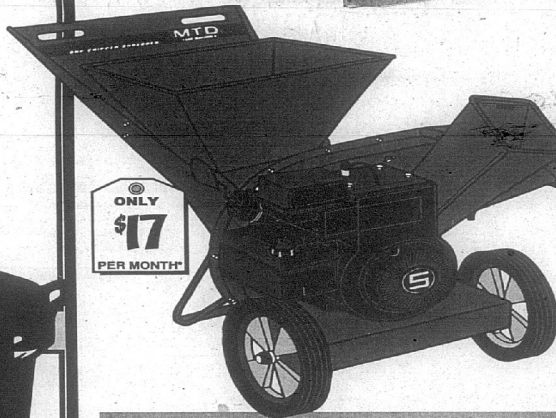
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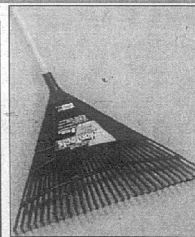
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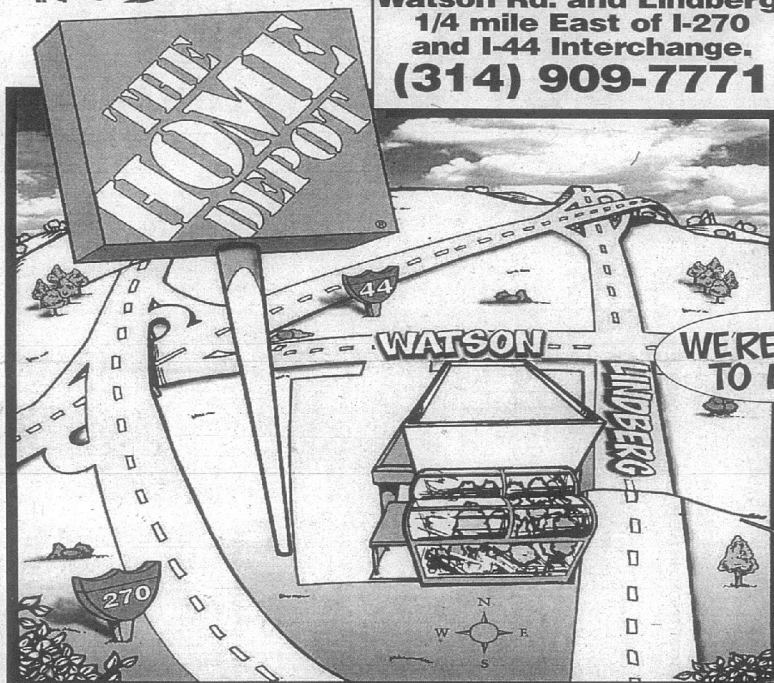
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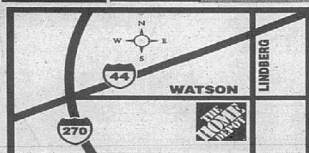
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HOROSCOPE

Wednesday, Oct. 8
As the moon peeks into Capricorn, momentarily forget the immediate and ponder the future. Getting ahead is the prevailing thought. Some think that happiness comes when they reach the apex: The wise decide to be happy as they climb up the hill. Venus enters forward-thinking Sagittarius, and love is found on outdoors adventures. Your curiosity for other cultures, methods and locations becomes insatiable.

TODAY'S BIRTHDAY (Oct. 8)
Remember, overnight sensations take years of hard work. This month and next, you are extremely popular in the social scene. November is perfect for launching into fitness goals. Your work contributes largely to the success of a company in January. In February, love rocks your world. Cancer and Aquarius are serious about a relationship with you and could propose by next June.

ARIES (March 21-April 19)
Much awareness and money can be garnered from technical talk on the job. Special addendums are made, bending relationship rules to the breaking point. Use a softer touch with family.

Taurus (April 20-May 20)
You can change someone's behavior with a short but firm recommendation. Strong impressions are right on the money. Sophisticated prospects admire your appreciation of culture — be yourself.

GEMINI (May 21-June 21)
Have reviews come from peers — keep on being your regular, social self. Finalize plans to invest and enroll in school. Parents play an unintentional part in a delicate affair. Detailed tasks bring big money.

CANCER (June 22-July 22)
No more hesitation — go ahead and give it your best shot. The success of a loved one influences you, but curb any jealous impulses. Self-employment and other solo efforts have outstanding benefits now.

LEO (July 23-Aug. 22)
In business, overlook a prospective client's or boss' shortcomings temporarily, and keep your sanity. People really can change — be less skeptical. Carry yourself gracefully in a

high-pressure situation.
VIRGO (Aug. 23-Sept. 22)
You keep getting closer to the goal, so don't give up now. Riches come when you act on economic information before anyone else does. Your willpower is strong now. A secret Scorpio loves you.

LIBRA (Sept. 23-Oct. 23)
Your intuition is high. Don't anticipate new adventures with fear. Life can be easy if you

let it. Enterprising people inspire you. A Leo needs you to interfere, though he or she will resist it!
SCORPIO (Oct. 24-Nov. 21)
Spend time with people who value your humor and advice. If your sweetie hops on the fence, make the decision for both of you. Don't let others keep you in limbo. Finances improve with quick action.
SAGITTARIUS (Nov. 22-Dec. 21)
Look 10 years down the line. If you continue on this path, what is your likely outcome? Now is the time to try something new and remedy what isn't working. Romance progresses with a Gemini.

CAPRICORN (Dec. 22-Jan. 19)
It is safe to skirt highly emotional issues as tomorrow they won't seem too important to anyone! Take an institution to task — you deserve your money back. A phone call inspires unexpected invitations.

AQUARIUS (Jan. 20-Feb. 18)
Negotiations end in your favor. Ex-loves genuinely want to

make amends. A more accurate perspective is needed in romance. A back-burner idea could be your next front-page glory.

PISCES (Feb. 19-March 20)
Though it's easier to circulate among your core of friends,

small fortune comes via outside opportunities. So, branch out! Justice is served, but be advised: Gloating could bring you back to square one. Horoscopes have no basis in scientific fact and should be read for amusement only.

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MOVIE SCHEDULE

Film timetable for Wednesday, Oct. 8. For times on other days or to confirm these times, check local theaters.

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Soul Food (R) 5:00, 7:15
In And Out (PG-13) 5:15, 7:10

CARMICKE PETITE
170 & Hwy. 157, Collinsville, Ill. 344-1708
Kiss The Girls (R) 7:15, 9:45
The Peacemaker (R) 7:00, 9:30
The Edge (R) 7:15, 9:45
Wishmaster (R) 7:10, 9:10

(See MOVIES, Page B8)

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Sat/Sun Matinees in brackets
G.I. Jane (R)
11:30 4:15 7:15 10:00
The Game (R)
11:15 4:00 7:00 9:50
Leave It To Beaver (PG)
13:00 4:30 6:45 9:00
QUAD CINEMA 4
3701 N. Bell West, Belleville • 233-1220
13:50 All Shows Before 6 pm
13:50 All Shows Before 6 pm
Sat/Sun Matinees in brackets
Kiss The Girls (R)
11:00 4:00 7:00 9:40
The Peacemaker (R)
11:45 4:45 7:50 10:00
The Edge (R)
12:00 4:45 7:30 10:00
In & Out (PG-13)
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Contact (PG)
Fri/Sat/Sun 6:45 9:45 Sat/Sun/Mon Mat 2:30 Mon/Thurs 6:45
Conspiracy Theory (R)
Fri/Sat/Sun 7:15 10:00 Sat/Sun/Mon Mat 2:15 Mon/Thurs 7:15
EASTGATE 6
Eastgate Center, St. Alton • 254-5289
13:50 All Shows Before 6 pm
13:50 All Shows Before 6 pm
U-Turn (R)
Fri/Sat 4:15 7:00 9:40 Sun/Thurs 4:15 7:00 Sat/Sun Matinees 1:30
The Game (R)
Fri/Sat 4:45 7:30 10:10 Sun/Thurs 4:45 7:30 Sat/Sun Matinees 2:00
The Peacemaker (R)
Fri/Sat 4:30 7:15 10:00 Sun/Thurs 4:30 7:10 Sat/Sun Matinees 1:45
The Edge (R)
Fri/Sat 4:00 6:45 9:40 Sun/Thurs 4:00 6:30 Sat/Sun Matinees 1:15
Kiss The Girls (R)
Fri/Sat 5:00 7:30 9:50 Sun/Thurs 5:00 7:30 Sat/Sun Matinees 2:00
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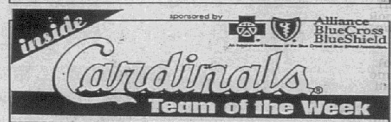
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JOURNAL

SPORTS

SISL to host
Soccer Showcase

Page 2B



Granite City Journal

Section B

Wednesday, October 8, 1997

Warriors wind up second in Southwestern event

Pat
Heston
Staff writerPrograms/
consistency
reflected in
milestones

High school sports milestones are sometimes significant, sometimes not. But a pair of recent ones are, I think, worth mentioning. One occurred over the weekend and one took place Monday afternoon.

On Friday night, Roxana crushed Carlville 35-2 in a South Central Conference football game. The win was No. 200 in coach Charlie Raich's 33-year varsity career. Raich spent five years at Calhoun High School before serving as an assistant at Roxana for seven years. He has spent the last 23 years as the Shells head coach. His career coaching record is 200-114-2.

"It's a tremendous feeling to reach a plateau like 200 wins," said Raich. "I'm pleased to be in that position, but I did not get there on my own. It takes a wonderfully supportive school and community, great players and assistant coaches, longevity and a little bit of luck. I've had all of those. And I can't enjoy this honor alone. It must be shared. It belongs to the players and the people of Roxana as much as it belongs to me."

Raich, always a class act, said his biggest thrill in coaching came in 1987 when his Shells (12-1-0) reached the IHSA state championship game in Class 4A. They lost in the closing minutes to perennial powerhouse New Lenox, Providence, 14-7.

"That was a game I really thought we could win. I think we should have won it," said Raich. "But looking back now after 10 years, it was a tremendous thrill. The kids will remember it all their lives."

Raich has taken 11 Roxana teams to the playoffs. The Shells are 4-2-0 for 1997, and stand second in the SCC.

Coach Bob Keefe and his Belleville West girls tennis team reached a significant milestone Monday afternoon at Belleville (West) Township High School as the Maroons posted their 100th straight dual match win against O'Fallon.

West last lost a dual match in 1988, falling to a strong Alhouth team. Since then the Maroons have been... well, unbeatable.

"I think this is a significant mark," said Keefe. "We had a string of 69 straight wins from 1988-94, but that was when we were playing 18 or 19 dual matches a year. But during this string, which has lasted nearly 10 years, we've only been able to play nine, 10 or 11 matches each year. I think 100 straight dual match wins under those circumstances is an amazing accomplishment."

Maybe a state record win streak. Although the IHSA has not kept tennis dual match records, chief statistician Scott Johnson believes the Maroons have the state record, and by a wide margin.

Compared to state record win streaks in other sports, the

(See HESTON, Page 3B)

By Patrick C. Heston
Staff writer

Lost in the shuffle of the Edwardsville Tigers claiming the team title at the Southwestern Conference Golf Tournament on Thursday was a strong performance turned in by a young Granite City team.

The Warriors, led by Jeff Jerden's tournament-best round of 74, placed second in the seven-team affair held at The Woodlands in Alton. Ty Suhre shot a fine 76, the third-best total of the day, while Brett Briggs finished with a 79 and Danny Harper with an 84 for a team score of 313, just three shots shy of Edwardsville.

Andy Parmley and Marco Tallorico both shot rounds of 75 for the Tigers,

BOYS GOLF
CONFERENCE TOURNAMENT

while Matt Holmes, Dan Lowry, Eric Hanselman and Andrew Bright each weighed in at 80.

Par on the Woodlands course is 71.

Brent Jackson of Belleville East actually had the low round of the day (72), but was disqualified, along with Collinsville's Tyson Brill and Alton's Tim Moore, for teeing off from the wrong set of tees on the fourth hole. Jerden tied Belleville West's Kevin Flynn with a 74, but the Warriors team leader lost the medalist honors when Flynn won the first playoff hole.

"It was a good performance by some young golfers," said GCHS coach Boone Chaney. "We're finally playing

well away from home. I was very proud of everyone."

On Saturday, the Warriors placed fourth among 14 teams at the Mascoutah Tournament played at Cardinal Creek.

Briggs, who finished fifth in individual competition, and Jerden, who placed eighth, both had rounds of 79. Steve Schroeder shot 85, Harper 84, Suhre 91 and Matt Rousio 96.

"Considering our youth, we've had a very good year," said Chaney. "We have been very competitive. Now we hope to get some individuals through to the sectional and, possibly, make it as a team. We're in a tough regional with teams like Belleville East and West, Edwardsville, O'Fallon and Collinsville. That fourth spot will be up for

"Considering our youth, we've had a very good year."

— Boone Chaney
GCHS coach

grabs. Hopefully, we can grab it." The low four teams, and the low 15 individuals, advance from regional to sectional competition.

The regional was conducted Tuesday at Arlington Golf Club in Granite City. The Centralia sectional is this coming Tuesday, Oct. 14.

PREP SOCCER

Granite City grad Tate
returns to the Gauntlet

Baker's former player guides

Sacred Heart Griffin into tourney

By Patrick C. Heston
Staff writer

Sam Tate is more than the 31-year old soccer coach of the Sacred Heart Griffin team entered in this week's 18th annual Pepsi-Cola/Granite City High School Tournament.

Tate is a Granite City High School graduate, returning to the Gauntlet for a possible showdown with his former mentor, Gene Baker.

"Coming back to the Tournament of Champi-

ons is very special to me," Tate said. "It brings back a flood of memories from my high school days in Granite City."

Tate, who went three years to Granite City North before the schools merged prior to his senior year, has a sister, Brandi, who is currently a student at GCHS.

"When I was in school, both South and North had very good soccer teams," he explained. "Then, my senior year, we were all together. Opponents for three years were suddenly teammates. And the man who had coached against us (Baker) was now our coach. I had great

(See TATE, Page 3B)

Teams have reasons for coming back

By Patrick C. Heston
Staff writer

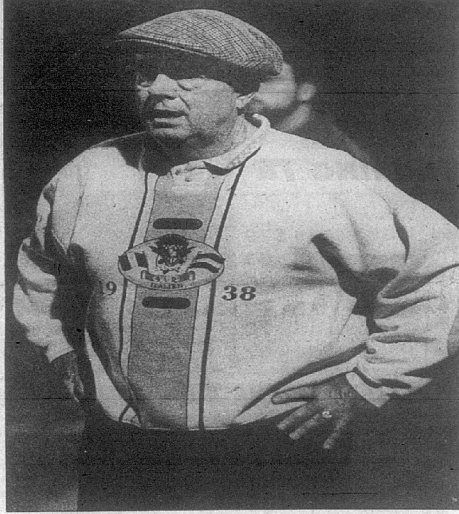
The 18th annual Pepsi-Cola/Granite City High School Tournament of Champions kicked off Sunday evening with a pre-tournament banquet hosted by GCHS and held at the Cardinals in Granite City.

Coaches representing 14 of the 16 participating teams enjoyed a lavish buffet and a quality program planned and orchestrated by Granite City High School principal Bill Rotter, athletic director Jerry McKeckan, assistant AD Bob Cowen and head soccer coach Gene Baker. Coaching staffs from Sacred Heart Griffin, in Springfield, and Blue Springs, near Kansas City (Mo.), were unable to be in attendance.

In remarks to his fellow coaches, Baker spoke directly to the issue of the Hudson Memorial Soccer Tournament at Anheuser-Busch Conference & Sports Centre and the withdrawal from the Tournament of Champions of St. Louis soccer powers Vianney, SLUH and CBC.

"There is room in the neighborhood for everyone," Baker said. "The choice of some teams to move to a new tournament has opened up slots for new teams in this tournament. We did not part on bad terms. And we are honored that the new tournament is emulating much of what has been done by us for the past 18 years. That, I think, is a tremendous thing."

(See SOCCER, Page 3B)



(Photo by JOHN FRESE)

Granite City coach Gene Baker will host — and possibly coach against — one of his former players, Springfield Sacred Heart Griffin coach Sam Tate.

Hudson Memorial Soccer Tournament debuts this week

By Dave Benson
Staff writer

On Wednesday, Sept. 18, 1996, the St. Louis soccer community was hit with a thunderous blow right to the heart.

Rick Hudson, a long-time coach and referee, collapsed and died of a heart attack on the main field at the Anheuser-Busch Conference & Sports Centre while officiating a match between Saint Louis University and Southwest Missouri State University. The untimely death of Hudson at age 41 sent waves of shock and grief through everyone who knew him — almost everyone associated with soccer in St. Louis knew and respected Hudson.

"He was really loved by a lot of the kids," St. Louis University High coach Charlie Martel said of Hudson, who had coached at Fox High School and also was heavily involved with the Busch Soccer Club. "He really did so much for the sport in this area."

"He was involved in so much out here at the Anheuser-Busch Conference & Sports Centre," said ABCSC sales and marketing manager Andy Elmore. "He's a former director of the Busch Soccer Club, he was a high school coach, he was a youth coach, he was

an official, he was a former player. When he passed away, it affected us pretty deeply."

So the ABCSC and Busch Soccer Club decided to put together the Rick Hudson Memorial Soccer Tournament as a way to say thanks. Sponsored by Nike, Soccer Master and Ameritech, the inaugural event began Monday.

"What better way to remember him, or commemorate him, than with a soccer tournament?" Elmore said.

Elmore said he and others at ABCSC got the ball rolling last November and sent inquiry letters out to "numerous high schools throughout the area" to gauge the interest level in such a tournament. Responses to the letters were overwhelmingly supportive.

"(The tournament) filled up right away," Elmore said. "We had no problems filling up the brackets."

Some interested teams had to be turned away from the planned 16-team tournament due to a lack of spots.

"Unfortunately, that did happen," Elmore said. "We had a few teams that wanted to play, but we didn't have enough space. Sixteen is just kind of that magic number."

The 16 teams, divided into groups of four, include: Group A — CBC, Rock-

"No offense to the Granite City Tournament — and I've talked with them personally and they're very understanding — but it's time to stand up and do something right for someone who did so much. Rick was very devoted to what he did, and the least we can do is honor him."

— Terry Michler
CBC coach

Marquette; Group D — Vianney, Lafayette, Parkway South and Bishop DuBourg.

After four days of pool play, the winners of each group will advance to the tournament semifinals Friday night at 6:30 and 8:30 p.m. The third-place and championship games will be held Saturday at 5:30 and 7:30 p.m., respectively.

Another thing Martel and the other coaches like is that this tournament also gives them a chance to pay tribute to Hudson. In fact, SLUH, CBC, St. Mary's, Vianney and Parkway South all dropped out of the prestigious Granite City Tournament of Champions, which also takes place this week, in order to participate.

"It was a natural," said CBC coach Terry Michler. "No offense to the Granite City Tournament — and I've talked with them personally and they're very understanding — but it's time to stand up and do something right for someone who did so much. Rick was very devoted to what he did, and the least we can do is honor him."

"To have the opportunity to honor someone like Rick Hudson, it's an honor for us," said St. Mary's coach Tom Fernandez.

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SISL is also hosting an interactive seminar on college recruiting criteria on Oct. 19.

For more information on the Showcase or the seminars, call Carol Walker (692-1033) or Ellen York (624-3440).

The Belleville Pride softball team completed a 26-4 campaign this summer and boasted a several championships. The team placed first in the Collinsville League with a 15-1 record in the 16-and-under division, captured top honors in a tournament in Elliptisville (Mo.) and runner-up honors in a tournament in Jefferson City (Mo.). Members of the team are (from left to right): In front — Emily Scannell, Katie Betz; Middle row — Breanna Murphy, Sarah Bolloway, Nikki Yockles, Maureen Cassin, Erin Humes, Lisa Padgett, Jill Foppo; In back — coach Tom Lodes, Stacy Holloway, Ashley Phillips, Suzanne Gundlach, Yess Selbert, Lauren Scannell and coach Al

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31x10.50R15/6	96	114	11
33x12.50R15/6	—	133	13
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LT215/85R16/8	96	109	—
LT235/85R16/10	99	119	11
LT245/75R16/10	—	120	12
LT265/75R16/6	102	120	12
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(Continued from Page 1B)

State records for consecutive wins by sport are: girls soccer, 25; boys soccer, 27; boys volleyball, 41; girls softball, 58; baseball, 64; football, 64; girls basketball, 65; boys basketball, 68; and boys cross country, 69.

West's girls tennis team is in some select company with Mahomet-Seymour (109 consecutive dual meet wins in wrestling), Rockford Guilford (107 consecutive dual meet wins in boys cross country) and Chicago Mother McAuley (135 consecutive match wins in girls volleyball).

Yet, considering that the number of annual competitive contests varies by sport (from nine regular season games for football to as many as 30 in some sports), the true quality of a streak must be judged in terms of years, not merely games.

By such judgment, the Belleville West streak blows everyone else out of the water. Mahomet-Seymour's wrestling streak spanned only three seasons; Rockford Guilford's cross country run also covered three years; and Mother McAuley's streak encompassed four years. The only streak close to West's nine-year run is Pittsfield's skein of six straight undefeated seasons in football. But West's streak is a full 50 percent longer in terms of seasons involved.

A winning streak, to be properly interpreted and appreciated, must take years, not just wins, into consideration.

By such a standard, Bob Keefe and the Belleville West Maroons are in a class by themselves.

STANDINGS

PREP FOOTBALL

METRO EAST FOOTBALL

Southwestern Conference			
Team	Conf	Overall	PF PA
Edwardsville	4-0	6-0	224 13
Belleville East	4-0	4-2	77 53
Alton	3-1	4-2	127 145
Granite City	1-2	2-4	59 106
Collinsville	1-3	2-4	42 71
Belleville West	1-3	1-5	43 166
East St. Louis	0-3	0-5	7 39

Mississippi Valley			
Team	Conf	Overall	PF PA
Jessville	3-0	5-1	159 63
Civilic Memorial	2-1	5-1	170 53
Triad	2-2	3-3	112 134
Waterloo	1-2	3-3	107 103
Mascoutah	0-3	0-6	31 106

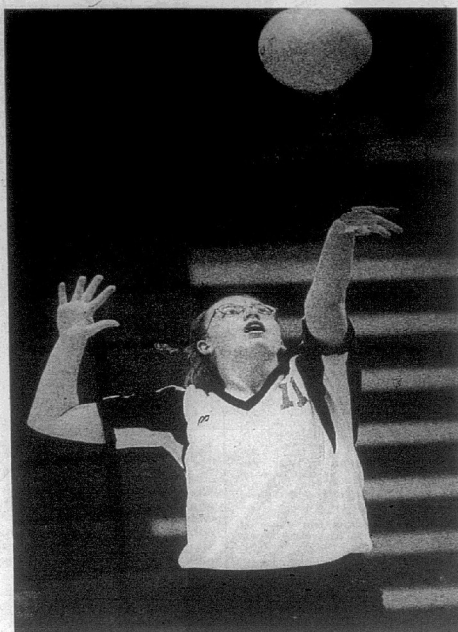
Cahokia			
Team	Conf	Overall	PF PA
Dupo	5-0	5-1	147 125
Columbia	3-1	3-3	156 139
Red Bud	2-2	2-4	59 89
Carlyle	0-4	0-6	70 188
Bryce C.	0-4	0-6	70 198

South Seven			
Team	Conf	Overall	PF PA
Cahokia	3-0	6-0	227 45
O'Fallon	3-0	5-1	174 72

Independents			
Team	Conf	Overall	PF PA
Alhott		2-4	128 163
Lincoln		1-4	20 14
M.E. Lutheran		0-6	18 200

Friday
 Dupo at Columbia, 7 p.m.
 Alhott at Jackson, 7:30 p.m.
 Granite City at Alton, 7:30 p.m.
 Waterloo at Highland, 7:30 p.m.
 Red Bud at Bement, 7:30 p.m.
 Mt. Vernon at Cahokia, 7:30 p.m.
 Jerseyville at Triad, 7:30 p.m.
 Mascoutah at Civilic Memorial, 7:30 p.m.
 Mater Dei at Freeburg, 7:30 p.m.
 Edwardsville at Belleville East, 7:30 p.m.

Saturday
 Carbondale at O'Fallon, 1 p.m.



(Photo by JOHN FRES)

Granite City's Kristen Ely serves one up during a recent Warriors game.

PREP VOLLEYBALL

METRO EAST VOLLEYBALL

Southwestern Conference			
Team	Conf	Overall	PF PA
Belleville East	5-0	11-3	17-3
Edwardsville	2-1	5-6	17-3
Collinsville	1-3	1-9	11-9
East St. Louis	0-0	0-2	Lebanon
Alton	0-2	1-2	Dupo
Granite City	0-3	0-11	

Mississippi Valley			
Team	Conf	Overall	PF PA
Highland	4-1	9-3	
Triad	3-1	15-8	
Civilic Memorial	2-1	5-4	
Mascoutah	1-3	3-4	
Jessville	0-4	0-9	

Cahokia			
Team	Conf	Overall	PF PA
O'Fallon	3-0	10-8	
Cahokia	1-2	2-8	

Independents			
Team	Conf	Overall	PF PA
Gibault		12-1	
M.E. Lutheran		9-2	
Valmeyer		13-4	
		4-4	

Tate

(Continued from Page 1B)

respect for Gene Baker when I played against him, and I gained even more when I played for him. That process continues, by the way. I have even more respect for him now that I coach against him."

Sacred Heart Griffin started a home-and-away series with Granite City last season, but this is the first time the Cyclones have been a part of the field for the Tournament of Champions.

"We tried for years to get into the tournament," Tate said. "I know what that tournament means, and I wanted my kids to be a part of it. The people of Springfield, of course, don't know the tournament's history. So, right now, it's no big deal to them, or to my players. But, in the next year or two, I hope all that is able to change and the players and people of Griffin will understand what this tournament really means."

Tate, who attended Lewis and Clark Community College in Godfrey and Sangamon State University (now the University of Illinois at Springfield), has a 41-12-1 record in three years as head coach of the Cyclones. But he is 0-2 against Baker.

"It is an honor, a privilege, to coach against Gene Baker," Tate said. "It seems very strange coaching against a man who once was your coach. But every game I coach against him, like every game I

played against him or for him, is a learning experience. He teaches you constantly... even when you're the opposing coach."

Sacred Heart Griffin faces no easy task this week. Not only is it in Pool B with one of the tournament favorites, St. Louis DeMet, but the Cyclones will be driving back-and-forth between Springfield and Granite City on at least three consecutive days.

"It won't be easy," said Tate. "But we want to make it fun for our kids. We'll try to hang around and see as many other games as we possibly can. We want our kids to enjoy the whole experience of what is the premier soccer tournament in the St. Louis area. Win or lose, we want them to experience as much of the tournament as possible."

Tate sees his team's inaugural visit to the Tournament of Champions as the beginning of a long relationship.

"We're a solid team this year," he said. "And we have some very talented players coming up through the system. We will be a very strong soccer team in the very near future. We're happy to get in now as we are in the process of becoming a truly competitive team."

Tate knows that the Granite City faithful want to see a hometown boy make good. He's just not sure they want to see it at the Warriors' expense.

Soccer

(Continued from Page 1B)

dous compliment." Coaches in attendance expressed four basic reasons why they chose the Tournament of Champions over the new kid on the block.

Reason No. 1: tradition. There's simply nothing like playing in a tournament which possesses an aura of soccer history like the Tournament of Champions.

Reason No. 2: the grass field. Most coaches prefer real sod to modern artificial surfaces. The Hudson Memorial Soccer Tournament is played exclusively on an artificial playing surface.

Reason No. 3: one field rather than many. The Tournament of Champions is played in one location, though an adjacent field is used for one game daily. Games in the new tournament are at various locations.

Reason No. 4: the quality of the program. Nobody runs a tournament better than Baker, McKeen and the rest of the Granite City High School

administration.

In addition, coaches like Sacred Heart Griffin's Sam Tate, who has been trying to get his Cyclones into the Tournament of Champions for several years, sees the departure of the three Metro Catholic Conference schools as the chance he's been waiting for.

"We've wanted in and now we're in," he said in a phone interview Monday morning. "Now our job is to stay in by playing at the level required of teams in the Tournament of Champions."

Sacred Heart Griffin was scheduled to play in a pool with perennial powerhouse DeMet, Cahokia, North and unbeaten Belleville East.

This past Saturday, fans from Missouri may have seen a preview of the Tournament of Champions' title game as Chamaine and DeMet battled to a 1-1 tie.

But there are 14 other teams that will have something very definite to say about that before this Saturday's 7 p.m. championship clash.

PREP SOCCER

METRO EAST SOCCER

Southwestern Conference			
Team	Conf	Overall	GF GA
Belleville East	4-0	8-0	27 11
Belleville West	3-1	8-1	34 21
Granite City	2-2	11-5	21 15
Edwardsville	2-2	6-3	20 13
Collinsville	1-3	5-6	15 16
Alton	0-4	0-5	26 20

Mississippi Valley			
Team	Conf	Overall	GF GA
Triad	5-1	8-4	48 29
Highland	3-2	6-2	35 19
Waterloo	2-1	6-4	25 19

South Seven			
Team	Conf	Overall	GF GA
Cahokia	7-0	12-10	35 4
O'Fallon	6-4	0-7	5 32

Independents			
Team	Conf	Overall	GF GA
Lebanon		6-13	31 13
Columbia		7-4	33 23
Gibault		5-2	26 31
Alhott		5-1	31 30
Westside		4-9	42 89
M.E. Lutheran		0-7	6 35

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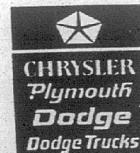
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Page 61

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HEALTH NEWS



From left: Joyce Epperson, director of Volunteer services at SEMC; Ted Eilerman, president and CEO of SEMC; Ralph Young, the 3,000th member of Unity Advantage, and his wife, Carole Young; and Joan Roberts, coordinator of volunteer services.

SEMC honors ER nurses

Whether it's a fish hook through your finger, a car accident, a broken arm, a kitchen burn, a heart scare or any of a thousand other situations, emergency room nurses are trained to handle your emergency.

St. Elizabeth Medical Center (SEMC) recognizes its emergency room nurses on National Emergency Nurses Day on Wednesday.

SEMC emergency nurses continue to demonstrate their commitment to professional excellence and community service. All emergency nurses who have worked full time for more than a year have achieved advanced cardiac life support certification. One third of these nurses serve as ACLS instructors, teaching others in both the medical center and the community at large.

Half the SEMC nursing staff have achieved additional advanced certification in trauma nursing and emergency radio communications.

Certification in the emergency management of burns or advanced pediatric life support have been achieved by another 10 percent.

(See NURSES, Page 7B)

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Seniors take advantage of Unity

Special to the Journal

Fifty-five may be the speed limit in many areas but reaching it is not always a reason to slow down. When it comes to age, 55 is just the starting point for many area residents.

The golden years of life can offer new challenges, opportunities and benefits. One of the benefits is Unity Advantage seniors program at St. Elizabeth Medical Center in Granite City. The free program offers medical, educational and social opportunities to adults 55 and older.

"No matter what age you are, we have services for you," said Joyce Epperson, Unity Advantage program director. "We have prostate screenings, free skin cancer screenings, blood pressure screenings. Not many people in the area know that."

Other advantages to members include:

- Free assistance with Medicare and supplemental insurance forms.
- Free parking at St. Elizabeth Medical Center.
- Free physician referral service.

- Discounts in various hospital programs.
- Ten percent discount on drugs at Medicine Shoppe and Schnucks pharmacies.

- Social events including St. Louis Cardinal Baseball games, Venetian Yacht cruises and riverboat outings are also available to members at cost; the hospital makes no profit on the outings.

The program, which began in January, recently added its 3,000th member.

"We originally started the program so people in the local area would have somewhere to go close to home," Epperson said. "Now, we have members from Edwardsville, Collinsville, Troy, Glen Carbon and

surrounding areas. The people in these areas are discovering St. Elizabeth offers services their local hospitals don't.

"We offer many programs and support groups that are free. Other services receive varying discounts," she said. "I think that at different stages of your life, you need different types of services, whether it's a bereavement support group or depression screening, whatever you need, we try to have available."

St. Elizabeth Medical Center in Granite City is a member of the Unity Health network that includes St. Anthony's Medical Center, St. John's Mercy Medical Center, St. John's Mercy Hospital-Washington and St. Luke's Health Corp. in Missouri; and Saint Anthony's Health Center-Alton and St. Elizabeth's Hospital in Belleville.

For more information or to join Unity Advantage, call Joyce Epperson at 786-3201.

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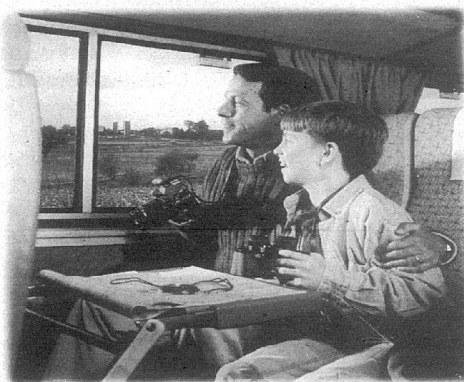
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We've got a prescription to help you and us... before you need us

Rx: Complete a Medication-Medical Information Card. Carry in wallet or purse. Post another card in prominent place in your home.

Over 86% of adult American's regularly take prescription medicines. Keeping handy an up-to-date list of what medications you take is important. It can help:

- Our area's skilled paramedics, to better assess your needs before you arrive in the Emergency Department.
- Memorial's Emergency Department physicians, in working with your personal physician, to order emergency or other medicines for you... medicines which won't interact with those you already take. This is particularly important if you're too sick to answer their questions, or if a family member can't remember which medicines you take.
- Your personal physician and consulting physicians, to prescribe medications which don't interact with those you take while hospitalized, and during your on-going care.
- You to avoid food and drug allergies, and to keep better track of all the medicines you take... particularly if you see several physicians for different medical conditions.

Your list doesn't have to be fancy --- a notecard with each drug's name, dosage and how often you take it will do --- just make sure it's current and available --- in your home, and in your purse or wallet.

As a community service, Memorial's Emergency Department is making available a wallet-sized Medication-Medical Information card. We're also offering a larger card with a refrigerator magnet for use by your family or paramedics during an emergency at home.

To request your Medication-Medical Information cards, call Memorial's Community Relations Information Request Line at 257-5599 and leave your name and mailing address.



**MEMORIAL'S
EMERGENCY DEPARTMENT**
4500 Memorial Drive
Belleville, Illinois 62226

Providing the comprehensive emergency care you've come to expect from this area's leader in emergency services.

Nurses

(Continued from Page 6B)
Emergency nurses go beyond the emergency room. SEMC emergency nurses have developed and presented more than 25 Teddy Bear Clinics to 600 area school children to reduce the fear children have of going to the hospital. They also have presented programs on child safety and child maltreatment to area parents and educators, lectures on hypertension to local senior citizen groups, 911 training for first responders and special programs for junior high school students.

SEMC emergency nurses work with local and regional

management groups to test the Emergency Preparedness Response System through mock disaster drills.

St. Elizabeth Medical Center nurses plan to broaden their approach to the care of patients having heart attacks in include chest pain observation areas and the development of protocols for early treatment of stroke patients.

St. Elizabeth Medical Center requires that their emergency nurses get the training and sharpen their skills so they will be ready in case of any emergency.

Reeve featured at Gateway event

Mark C. Lamping, president of the St. Louis Cardinals, has been named honorary chairman for Gateway to a Cure, a charity benefit for spinal cord injury research.

Actor/director Christopher Reeve will be the featured speaker at the event, set for 6:30 p.m. Oct. 11 in the Grand Ballroom of the Hyatt Regency St. Louis at St. Louis Union Station.

Gateway to a Cure, which will include a dinner and auction, is co-sponsored by HealthSouth, Pucks of Power and St. Louis University.

Lamping was named president of the St. Louis Cardinals in 1994. His tenure has been highlighted by the design and completion of major renovations to Busch Stadium.

Lamping, 39, joined Anheuser-Busch Cos. Inc. in 1981. He initially worked in the company's corporate planning group before serving as a district sales manager in southern Illinois and central Iowa.

He is a member of the board of directors of the Roman Catholic Orphan Board; the Fontbonne College board of trustees; the St. Louis Sports Commission board of directors; the Mathews-Dickey Boys

Club board of advisers; the St. Joseph Hospital of Kirkwood advisory board; the Boone Valley Classic Foundation board of directors; the International Bowling Hall of Fame and Museum board of directors; the St. Louis Post Dispatch Scholar Athletes advisory committee; chairman of Downtown St. Louis Presents Inc.; and has served as chairman of the Old Newsboys drive for children's charities.

A St. Louis native and graduate of Vianney High School, Lamping has a bachelor's degree in accounting from Rockhurst College in Kansas City and a master's degree in

business from St. Louis University. He lives in Kirkwood with his wife Cheryl and their children Brian, Lauren and Timothy.

Proceeds from the awards dinner and auction will support spinal cord injury research at St. Louis University School of Medicine. Local people who have shown outstanding courage in their lives and who contribute to the ongoing journey for freedom despite their disabilities also will be recognized at the event.

The honorary co-chair committee headed by Lamping includes Tim Dorsey, president of radio station KTRS-AM (550), U.S. Rep. Richard Gephardt, D-Mo.; Doug Heir, and L. Churchill Matthews Jr., of Wymark Inc.; and Mike Shanahan, president of Engineered Air Systems Inc.

Join us for some

Healthy Conversation

Drs. Michael Hermann and Lorna O'Young, along with nurse practitioner Linda Herrmann, RN, CNP and registered dietitian Pam Nicholson, RD, LD will provide you with important information about:

"What you can do to have a healthier baby"

Topics include:

- ★ Social History
 - Drugs, alcohol, smoking and environmental exposures
- ★ Nutrition
 - Vitamins and folic acid
- ★ Medical History
 - Diabetes, hypertension and family history
- ★ Infectious Diseases
- ★ Fitness
- ★ Birth Control

Healthy Conversation provides an opportunity for you to talk with medical specialists about health and wellness issues that affect you and your family.

DATE, TIME, PLACE:

Monday, October 13, 1997
7 to 9 p.m.
Memorial Hospital Auditorium

Attendance is limited. Advance registration is required; reservations can be made by calling Memorial's Community Relations Department at 257-5649.



MEMORIAL HOSPITAL
4500 Memorial Drive
Belleville, Illinois 62226

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The Hartford, A Federal Construction Home
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Second Prize
\$7,000
Third Prize
\$3,500
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\$1,000
5th - 20th Prizes
\$200
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YOUR CHANCES OF WINNING A PRIZE ARE GREAT!

Return with check or money order in the amount of \$100 per certificate to:

Big Brothers Big Sisters
6400 W. Main, Suite 1G, Belleville, Illinois 62223

Name _____
(Please print or type one name only.)

Address _____

City _____ State _____ Zip _____

Tel (home) _____ (business) _____

To order certificates by phone using Mastercard or VISA, call (618) 398-3162.
Please make all checks payable to Big Brothers Big Sisters.
BIBS reserves the right to publish the names of all winners. Raffle purchases are not charitable contributions.

Drawing to be held at 6:30 p.m. on October 30, 1997 at St. Clair Square

Calendar

(Continued from Page 4B)
meet us at Michael's, 425 Broadway in Highland at 7 p.m. for a happy hour buffet. R.S.V.P. to Theresa at 344-6460. Saturday, Oct. 11, Hay ride at Mills Apple Farm on the Pocahontas Road between Marine and Grantfork at 8:30 p.m. Bring drinks, snacks, chairs, and roasting sticks. (Hot dogs provided.) The cost will be \$4.00 each.

Veterans Services

DISABLED AMERICAN VETERANS CHAPTER 53 will offer a service officer from 1 to 3 p.m. every Wednesday at the Tri-City Veterans Home, located at 1417 19th St., in Granite City. Call 674-7816 for more information.

DISABLED AMERICAN VETERANS CHAPTER 53 AUXILIARY, 1417 19th St., Granite City, 674-7816, 8 p.m. first and third Monday of each month.

Other

MADISON COMMUNITY ACTION GROUP, meets at 7 p.m. every Wednesday. For more information call Dan at 452-2336 or Diane at 878-1360.

MADISON COUNTY GENEALOGICAL SOCIETY, meets 7 p.m., second Thursday of each month, at Immanuel United Church, 800 N. Main, Edwardsville.

CHINA BUFFET

(ALL YOU CAN EAT)
Drinks & Tax Included

LUNCH **DINNER**
\$5.50 **Seafood Buffet**
\$7.50

Dine In Or Carry-Out

Over 50 Items

Fried Rice
Pan Fried Noodles
Crab Rangoon
Egg Roll
Beef Broccoli
Cashew Chicken
General Chicken
Broccoli Chicken
Steam Rice
Egg Foo Young
Potstickers
BBQ Ribs
Fried Chicken
Wontons
Hot Wings
Meatballs
Sausage
Beef/Green Peppers
Pork/Potatoes

Hot & Spicy Chicken
Green Beans
Fried Mushroom
Fried Bananas
Seafood Shrimp
Sweet & Sour Chicken
Hot Braised Chicken
Fried Shrimp
Crab Legs
Fish Sticks
Onion Rings
Porksteaks
Meatballs
Sesame Chicken
Seafood Soup
Hot & Sour Soup
Fresh Fruit
Fortune Cookies
Almond Cookies

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18 97 GLIK SPORTS 19 97 ANNIVERSARY SALE

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20% To 50% OFF
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GLIK'S CHARGE DISCOVER

BELLEMORE CENTER
MON.-SAT., 9:30-9 SUN., 12-5

MASTER CARD VISA

ENTERTAINMENT

Movies

(Continued from Page 8A)

CROSS KEYS CINEMA
110 Cross Keys Shopping Center
Lindbergh & New, Halls Ferry,
821-8999
Conlat (PG) 8:15
Nothing To Lose (R) 9:10
My Best Friend's Wedding (PG-13)
6:45
Face Off (R) 8:50

EASTGATE CINE
Eastgate Plaza, E. Alton, Ill.
254-5289
The Peacemaker (R) 4:30, 7:10
The Edge (R) 4:00, 6:45
The Game (R) 4:45, 7:20
U-Turn (R) 4:15, 7:00
Wishmaster (R) 5:15, 7:45
Kiss The Girls (R) 5:00, 7:30

COTTONWOOD EDWARDSVILLE
Cinema
Edwardsville, Ill., 656-6390
Leave It To Beaver (PG) 4:30, 6:45, 9:00
The Game (R) 4:00, 7:00, 9:50
G.I. Jane (R) 4:15, 7:15, 10:00

HALLS FERRY 14 CINE
2800 Target Drive, 822-4900
In And Out (PG-13) 2:00, 5:10, 7:30, 9:30
Hoodlum (R) 4:45, 6:55, 7:45
Gang Related (R) 2:40, 5:05, 7:40
Soul Food (R) 1:30, 4:30, 7:15, 9:40
Soul Food (R) 2:40, 5:20, 8:30
How To Be A Player (R) 2:45, 5:00, 7:50
The Edge (R) 1:15, 4:25, 7:00, 9:20
The Peacemaker (R) 1:00, 4:40, 7:25
The Game (R) 1:10, 4:10, 7:50
George Of The Jungle (PG) 1:05, 5:05, 8:05
Hercules (G) 3:05, 7:05

Kiss The Girls (R) 1:35, 4:05, 7:05, 9:30
Wishmaster (R) 1:50, 4:15, 7:20, 9:25
Money Talks (R) 2:25, 4:40, 7:35, 9:40
G.I. Jane (R) 1:20, 4:15, 7:00, 9:35

LINCOLN THEATER
103 E. Main, Belleville, Ill.,
233-0123 Check theater for shows
and times

NAMEOKI CINEMA
30 Nameoki Village, 877-6630
Air Force One (R) 7:00
Excess Baggage (PG-13) 7:30

O'FALLON 15 CINE
1320 Central Park Dr., O'Fallon, Ill.,
822-4900
The Edge (R) 2:45, 5:20, 8:15
The Edge (R) 1:15, 4:20, 7:15, 9:45
The Full Monty (R) 2:05, 4:30, 7:10, 9:20

CINEMA
The Game (R) 1:15, 4:05, 7:05, 9:50
L.A. Confidential (R) 2:45, 5:30, 8:30
Conspiracy Theory (R) 3:05, 5:40, 8:30
Hercules (G) 2:00, 7:30
George Of The Jungle (PG) 4:00, 9:30
Gang Related (R) 1:05, 4:25, 7:10, 9:45
In And Out (PG-13) 1:00, 3:05, 5:10, 8:45
G.I. Jane (R) 1:00, 4:00, 7:00, 9:30
Kiss The Girls (R) 1:30, 4:10, 7:05, 9:45
Fire Down Below (R) 2:45, 5:00, 7:25, 9:45
Men In Black (PG-13) 2:10, 4:30, 7:00, 9:20
The Peacemaker (R) 3:00, 5:40, 8:20
The Peacemaker (R) 1:20, 4:20, 7:20, 9:55
Hercules (G) 3:05, 7:05

QUAD CINEMA
Belleville, Ill., 233-1220
Kiss The Girls (R) 4:00, 7:00, 9:40
In And Out (PG-13) 4:30, 6:45, 9:15
The Peacemaker (R) 4:15, 7:15, 9:50
The Edge (R) 4:45, 7:30, 10:00

ROXANA CINE THEATER
Roxana, Ill., 254-6748
Good Burger (PG) 7:00

ST. CLAIR 10
50 Ludwig Drive, 398-8383
Matchmaker (R) 1:20, 4:00, 7:10, 9:15
Money Talks (R) 1:15, 4:20, 7:15, 9:20
Wishmaster (R) 1:35, 4:20, 7:20, 9:20
U-Turn (R) 1:30, 4:10, 7:05, 9:40
U-Turn (R) 2:30, 5:30, 8:30
Hoodlum (R) 1:30, 4:00, 8:00
Air Force One (R) 1:00, 4:10, 7:05, 9:30
A Thousand Acres (R) 1:05, 4:15, 7:15, 9:35
Soul Food (R) 1:10, 4:05, 7:00, 9:30
Soul Food (R) 2:10, 5:10, 8:10

VILLAGE SQUARE
100 Village Square Shopping Center,
895-1050
My Best Friend's Wedding (PG-13)
5:50, 8:05
Batman & Robin (PG-13) 5:40
Con Air (R) 6:05
Face Off (R) 5:35, 8:10
Contact (PG) 5:15, 8:10
Mimic (R) 5:45, 8:00
Nothing To Lose (R) 5:55, 8:10

'Peacemaker' stirs Cold War memories

AT THE MOVIES

As one character says early on in "The Peacemaker," DreamWorks Pictures' first storm of a debut, "God, I miss the Cold War."

The tug between the West and the Soviet Union provided some of the best fodder for espionage thrillers since Nazis and World War II. Now, we're reduced to the occasional drug lord or arms dealer, Russian Mafia, crazed Croatian or insane Serb.

"The Peacemaker" resurrects an old standby — a stolen nuclear device — and adds enough technological juice and high-speed excitement to fuel World War III.

At the helm of the first film effort from the infant studio created by the mighty moguls Steven Spielberg, Jeffrey Katzenberg and David Geffen is Mimi Leder, one of the few women ever to direct an action movie.

Leder, who makes her feature film directorial debut with "The Peacemaker," packs a serious punch. Her camera is never dormant and she makes even the most insipid exchange crackle with energy. She has a good taste for action shots and manufactures one of the best car chases in years.

She also pulls a good performance from George Clooney,

who seems to waffle from comedy to action, in his role as Lt. Col. Thomas Devoe, an intelligence officer who goes after terrorists who've stolen the device.

Leder opens her movie in a swirl of steam as a train in an isolated area of Russia is loaded with nuclear weapons destined to be deactivated. With angled shots, cutaways of tracks, wheels and military boots, she sets an ugly and anxious mood.

The train takes off — on a high-speed collision course with a passenger train. The crash is brilliantly choreographed with a tangle of metal and body parts. Moments later, one of the devices goes off. The nuclear blast sets off alarms around the world, especially in Washington, D.C., where government officials must make sure none of the other weapons is deployed.

Heading the U.S. team is Dr. Julia Kelly (Nicole Kidman), a nuclear scientist who heads the White House Nuclear Smuggling Group. She's convinced that terrorists are responsible and teams up with Devoe, who thinks high-level arms smugglers are involved. Their hunt

leads them to Eastern Europe. They discover that the weapons were taken by profiteers who plan to sell them to the highest bidders in Third World countries. But one device was taken by a lone terrorist who plans to use it against world leaders who he believes are responsible for the death of his wife and child in a sniper attack in Sarajevo.

The convoluted plot jerks the movie around the globe, giving Clooney every opportunity to demonstrate his own brand of macho edginess. And he's just great — a no-nonsense, sometimes laconic, often witty trained killer who's loyal to his men and deeply committed to his mission.

Kidman, on the other hand, gets unintentional laughs. Unfortunately, she's miscast here and appears extremely uncomfortable with her character, who at times comes across as a nitwit.

And there is little chemistry between the two leads, who are reluctantly thrown together to get a job done. Yes, they have the obligatory Hollywood tussle of wills and yes, there's the much-expected flirtation. But it has as much fizz as a day-old egg cream.

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Register at 798-3888

or call Toll Free 1-800-573-4433 for a site near you.
(beginning September 8)

An Outreach Event During Mental Illness Awareness Week
Supported in part by an educational grant from Eli Lilly and Company

Message To Our
Water Customers

Over the next few weeks, you may notice a slight change in the taste or odor of your tap water. It's no reason to worry. *Your water remains safe and healthy.*

On October 2, Illinois-American's Granite City water treatment plant began its annual "free chlorine" flushing program. The maintenance program is conducted each fall and lasts four weeks.

The "free chlorine" flushing program prevents accumulation of nitrates in the water system and ensures continued delivery of high-quality water to our customers.

The program involves using a different form of chlorine in the water treatment process. We usually use chloramine, which is chlorine mixed with ammonia. Over the next four weeks, we will be using "free chlorine" which does not contain ammonia. At the end of the four-week program, both plants will switch back to ammonia.

Both free chlorine and chloramine are disinfectants commonly used by many water treatment plants. Water users can become accustomed to either form of chlorine. Normally, it is only noticeable when a plant switches from one form to another.

Your water remains totally safe to drink throughout the program.

Answers to common questions from our customers:

- * There is no need to boil water, purchase a water filter, or purchase bottled water. You can let some drawn tap water set a few hours and refrigerate. This will allow much of the chlorine to leave the water.
- * Your baby's formula is fine. Continue mixing it with tap water.
- * As with any flushing program, brief periods of discolored water are possible. This discoloration is residue that has settled into the bottom of the water main. If discoloration occurs, let your water run for a few minutes and it will clear up.
- * Plumbing is not affected in your home or business.
- * There's no effect on the pH or the balance of the water or the fluoride added to the water.

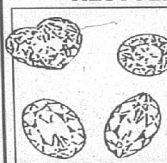
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TIME OF SHOW AT ALL LOCATIONS WILL BE 10 AM TO 8 PM

TUESDAY, SEPT 30th	TUESDAY, OCT 7th
14650 Manchester Rd. Baltimore, MD 63011 314-394-1874	849 Jeffco Blvd. Arnold, MO 63010 314-296-6888
WEDNESDAY, OCT 1st	WEDNESDAY, OCT 8th
10229 Lewis & Clark Blvd. Bellefontaine Neighbors, MO 63136 314-867-6828	2511 Lemay Ferry Rd. Lemay, MO 63125 314-864-0051
THURSDAY, OCT 2nd	THURSDAY, OCT 9th
1365 South 5th St. St. Charles, MO 63301 314-925-2744 / 314-340-2313	7077 Chippewa Ave. Shrewsbury, MO 63119 314-751-0218
FRIDAY, OCT 3rd	FRIDAY, OCT 10th
2383 N. Highway 87 Florissant, MO 63033 314-839-5559 / 314-839-5718	2801 N. Illinois Swansea, IL 62221 618-236-9990 / 314-231-6502
SATURDAY, OCT 4th	SATURDAY, OCT 11th
11900 St. Charles Rock Road Terre Haute, MO 63042 314-739-4921	9525 Collinsville Rd. Collinsville, IL 62234 618-344-1632 / 314-241-0476

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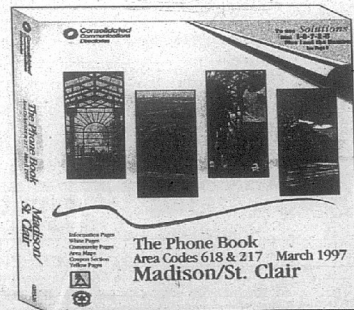
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...Friday, October 10, Saturday,
October 11, Sunday, October 12

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- 14' wides • 16' wides
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Register To Win A

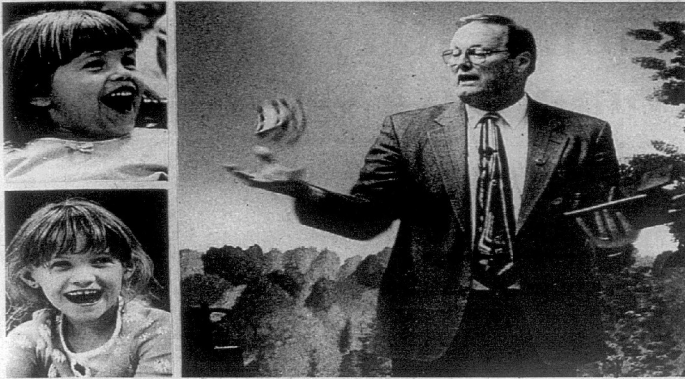
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Joy of magic

Granite City Police Officer John Apperson, a part-time magician, performed recently at BAC's Granite City Campus, kicking off the fall Kids' Series. Left, Jessie Ann Flowers and Chelsey Ballot show their delight. Right, Kelly Thomas lends a hand.



MARRIAGES

The following marriage licenses were issued by Madison County Clerk Mark Von Nida:

Aloysius Bell and Vera Clark, both of Collinsville.

Douglas Bernatene and Caryn Miller, both of Edwardsville.

Robert Burgener and Brenda Yates, both of Granite City.

Matthew Callicott and Janet Bailey, both of Granite City.

Thomas Dooley and Patricia Watkins, both of Edwardsville.

Jerry Endicott of Granite City and Sue Schneider of Florissant, Mo.

Moses Flores and Malinda Pickett, both of Granite City.

Tobias Gomez of Fairmont City and Donna Burnett of Granite City.

Donald Haddix and Mary Monroe, both of Granite City.

Raymond Hoffman and Sandra Murphy, both of Granite City.

Jason Krause and Vicki Zeigler, both of Granite City.

Gregory Marti and Angela Buckingham, both of Granite City.

Ja'an Qualls of Caseyville and Rachael Romeo of Collinsville.

Curtis Revis and Catherine Dix, both of Granite City.

Gregory Sipas and Katherine Gregory, both of Granite City.

Harold Timmerman and Karen Jorgensen, both of Edwardsville.

Gary Watkins and Carol Gitcho, both of Granite City.

James Wilson and Lois Barge, both of Vanice.

Steven Woolen, Jr. and Stacy Sturdivant, both of Edwardsville.

Benjamin Becker of Edwardsville and Angela McCabe of Alton.

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Clinical Research Associates Of Edwardsville

Is in need of volunteers, ages 18 or over, with Bipolar Disorder who are currently depressed but who have a history of mania or hypomania to participate in a research study comparing an investigational drug with a placebo for this disorder. Symptoms include:

DEPRESSION

- Blue Spells, Crying Spells
- Loss of interest & pleasure
- Fatigue
- Difficulty concentrating, indecisiveness
- Appetite or weight changes
- Sleep disturbance
- Loss of interest in sex
- Feeling of guilt or worthlessness
- Thoughts of death or suicide

MANIA/HYPOMANIA

- Elevated, expansive or irritable mood.
- Inflated self-esteem, grandiosity
- Increased need for sleep
- Excessive or pressured talking
- Racing thoughts
- Distractibility
- Increased activity, agitation
- Bad judgment

Suitable volunteers will receive a study related medical and psychiatric evaluation and study drug from a psychiatrist free of charge. If you or someone you know would like to be considered for a study please call (217) 528-1233

Clinical Research Associates
1121 University Drive • Suite 4
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(618) 659 0292

Lynn A. Cunningham, M.D.
Director of Clinical Research

MEDICAL MALPRACTICE

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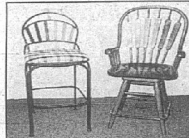
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Gerald Montroy
Attorney At Law

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BAC holds health sessions

Students interested in entering a health-related field may want to attend one of Belleville Area College's Allied Health Admission Sessions this fall to learn more about the special admissions procedures to enter BAC's Allied Health programs. Sessions are scheduled for 2 p.m. Oct. 15, in the Wilmsmeyer Room at the Granite City Campus, 4050 Maryville Road; at 2 p.m. Oct. 22, in Reading Study Room 106 at the Red Bud Campus, 500 W. South Fourth St.; and at 9:30 a.m. Nov. 1, in the Marsh Conference Room at the Belleville Campus, 2500 Carlyle Ave. Sessions will include admission information about the following programs: Nursing edu-

cation, medical laboratory technology, health information technology, radiologic technology, physical therapy assistant and respiratory care technology. A 10-minute video outlining admission procedures is available for viewing in public libraries and high school guidance offices throughout BAC District 522. The videotape also is available in the counseling centers of the following colleges: Lewis & Clark, Rend Lake, John A. Logan and Kaskaskia. For more information, call BAC's Admissions Department at 235-2700, extension 444, 541 or 542, or toll free in Illinois at (800) BAC-5131.

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NEWS

Public safety officers complete EMT training

Special to the Journal

In addition to serve and protect, Belleville Area College public safety officers have added one more element to their motto—rescue.

Three full-time public safety officers, David Allen of Granite City, David Thomas of Belleville and Helen Zobrist of Grantfork, recently completed the college's emergency medical technician (EMT) program to become the force's first certified EMTs.

Thomas and Zobrist also attained their licenses in cardiopulmonary resuscitation (CPR).

"Our goal is to have all of our full-time officers certified EMTs," said Public Safety Director Chuck Whitehead. "We respond to quite a few first aid calls each year, so

"If there's an accident, we can provide help faster than the five or 10 minutes it may take to an ambulance to get there."

David Allen
public safety officer

emergency training enhances our capability to immediately meet the special needs of some victims."

Allen, Thomas and Zobrist are all shift leaders at the college's Granite City and Belleville campuses.

They were chosen for the initial training to ensure there is at least one certified EMT working each shift.

"This training will be especially useful at the Granite City Campus because of the number of industrial classes at the Industrial Training Center," Allen said. "If there's an accident, we can provide help faster than the five or 10 minutes it may take to an ambulance to get there."

Having passed registry tests, each of the officers is registered as an EMT at the state and national levels. They are required to take a state refresher exam every four years to prove their skills are still adequate.

Linda Steinbeck, BAC's EMT coordinator, said the three were among the top of their class.



Linda Steinbeck of O'Fallon, Belleville Area College's EMT program coordinator and instructor, looks on as BAC public safety officers David Allen of Granite City, David Thomas of Belleville and Helen Zobrist of Grantfork, demonstrate EMT techniques.

SENIOR MENUS

Donations for noon meals are \$2. Call day ahead for reservation, 877-4373.

WEDNESDAY, Oct. 8 — Ham and Beans, creamy cole slaw, cornbread, pineapple tidbits

THURSDAY, Oct. 9 — Swiss Steak, parsley potatoes, harvard beets, wheat bread, sugar cookies.

FRIDAY, Oct. 10 — Fried fish fillet, au gratin potatoes, zucchini and tomatoes, rye bread, lemon pudding.

MONDAY, Oct. 13 — Columbus day

TUESDAY, Oct. 14 — Chicken stew, stew vegetables, apple juice, biscuits, vanilla ice cream

Ladies' sodality prepares for bazaar

The St. Elizabeth's Ladies Sodality is making final preparations for its 26th Annual Holiday Bazaar, from 9 a.m. to 6:30 p.m. on Oct. 25, at the church.

The public is invited to attend. Various booths will feature holiday and traditional crafts, handiworks, baskets, celebrity autographed items, prizes galore, homemade

bread, and other country store items.

A quilt raffle will be offered, as well as a cash raffle, and will have hourly attendance prizes. A full turkey dinner will be served. Adults \$6, Children, \$3. For more information call Joyce Alexander at 931-4629 or Nancy Norris at 797-6774.

American Legion has caravan meeting

The 22nd District, American Legion Auxiliary, held its annual Board Meeting and Department Caravan Meeting on Sept. 14 at the Fairmont American Legion Post 963.

Edith Ruchup, 22nd District President, from Alhambra, presided. Plans were discussed for the activities of the district for the year 1997-98.

The Department Caravan presented the program for 1997-98. Those in the caravan were Patricia Kransow,

department president, from Countryside; Marilyn Lee, department first vice president, from Chicago; and Renae Paolea of Steger, who is serving as department membership chairman.

Refreshments were served by the Alhambra Unit.

Those attending from Venice-Madison Unit 307 were Dorothy Minson, Parliamentarian, and Norma Hillmer, ways and means chairman.

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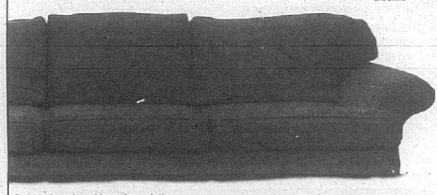
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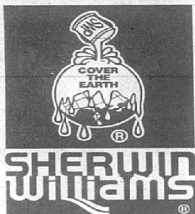
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NEWS



New members — Eagles Auxiliary 1126 recently voted in new members and officers. The auxiliary also made a donation to the Granite City Soccer Association. At left, new member Robyn Brewer is pictured with president Mildred Boyd. At right, secretary Vincine Zerlan, GCSA's Bob Yount and Boyd are shown at the check presentation to the association.

Torch Club presents 1997 United Way contributions

The Granite City Steel Employees' Torch Club presented their 1997 contributions to the Tri-Cities Area United Way Campaign in cash at the campaign kickoff breakfast on Sept. 3.

Granite City Steel employees contributed \$312,500 to the Tri-Cities Area United Way in Granite City.

That amounted to slightly more than quarter of the division's 1997 goal of raising \$1.2 million in support of local health and human service organizations in Illinois.

Tri-Cities Area United Way is reporting campaign results as a division of the United Way of Greater St. Louis for the first time this year. Each of the 11 union locals

at Granite City Steel has a representative on the Torch Club Board.

Four salaried members and a representative from Granite City Steel retirees also serve on the board.

The Torch Club is a tradition in caring among Granite City Steel employees that began in 1953.

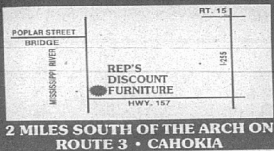
Club members contribute monthly through payroll deduction to support 50 community charities and hundreds of programs in Missouri and Illinois.

Since the club's formation, participants at Granite City Steel have contributed more than \$5 million to various charities throughout the metropolitan area.

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ORGANIZATIONS

DeMolays

DeMolays from James Stuart Chapter attended Illinois DeMolay 4 day Conclave at Eureka College, in Eureka, July 21 through Aug. 3.

Highlights of the Conclave were: Amanda Young, the Chapter's Sweetheart, was elected Illinois DeMolay Sweetheart Representative and was so crowned at the dance Saturday night along with Betina Hobert, Illinois DeMolay's State Sweetheart. Betina was Chapter Sweetheart for Ascalon Chapter in Collinsville. Amanda's mother, Barbara Andrew, chaperoned Amanda.

The chapter's soccer team was runner-up in Illinois DeMolay State Soccer Tournament. Quincy Chapter State Soccer Champions defeated them, 2-0. On the soccer squad were: Adam Schillinger, Craig Harris, James Watson, Matt LeVart, Derek Smith, David Cook, Dan Watson, Bobby Beausejour, Eric Yurcin.

Dan Watson was Illinois DeMolay's State Wrestling Champion in the 127-pound class. Matt LeVart was Illinois DeMolay's State Wrestling Champion in the 170-pound class. Craig McHughan was Illinois DeMolay's State Wrestling Champion runner-up in the 198-pound class.

Craig McHughan had the lowest score and longest drive in the Illinois DeMolay's State Golf Tournament.

Derek Smith was awarded a stereo from Illinois DeMolay for his DeMolay membership activity and Matt LeVart was given a \$40 check for his membership activity.

Shannon Gergen and Jon Weiss were awarded trophies for recommending young men for DeMolay membership.

Eric Yurcin was Illinois DeMolay's 50 yard backstroke runner-up. Mark Gilley, a member of the Illinois DeMolay Executive Council and on the Conclave staff, was appointed State Chaplain for Illinois DeMolay for '97-'98. Also Craig Harris served as the Conclave staff.

The Chapter's Newsletter, "The Master Councilor's Voice" took the

2nd place trophy in Illinois DeMolay's Publication contest and also was awarded the 2nd place trophy for money collected for Shriner's Hospital during Illinois DeMolay "Kanes for Kiddies" drive at K-Mart, Schnucks, and Wal-Mart last January.

Also attending the conclave were advisors: Charles A. Meyer, Floyd Watson, and Parent's Club Treasurer, Jo Meyer.

Temperance Union

The September meeting of the Granite City Women's Christian Temperance Union was held at the Dewey Avenue United Methodist Church Sept. 22.

Supper was provided by Cheryl Hutchinson, and a puppet skit was given to the children by Doris Brown and Evangeline James, concerning the effects of smoking.

Brown, the president of the Union, conducted the business meeting.

The state convention for the WCTU was held Sept. 30 to Oct. 1 at the First Church of the Nazarene in Springfield, and some of the Granite City Union attended.

The program for the evening was a prayer walk. The people were divided into two groups and prayer was offered for the petitions given them.

The October meeting will be held at the Central Free Methodist Fellowship Hall at 6:30 p.m. Oct. 28. Special guests will be state officers of the Illinois WCTU.

8 and 40

Madison County Salon 53, Eight and Forty, recently met at the Bethesda American Legion Home.

Those attending from this area were Dorothy Minson, Norma Hillier, Frances Cowley and Mary Ballentine.

Elaine Viererage, Wanda Taylor and Zella Emde, all of Bethalto, and Adaline Drury and Nancy Paelts,

both of Alton, were hostesses. Lunch was served to 20 partners.

Frances Elbeck, retiring Chapau, conducted the unfinished business. Viererage, L'Aumonier, presented Elbeck with a copy of the history written for last year.

Irene Schneck, Nurses Scholarship chairwoman, collected \$9.35 for this fund. It was announced that three students from Illinois received \$2,500 scholarships from the national fund for graduate work in respiratory disease in children.

Schneck also reported that the goal for this fund is \$150 per partner, so a \$75 donation will be sent to the Department of Health.

Elbeck reported on the Departmental LaMarche held Aug. 1-3 in Champaign.

Adaline Drury, L'Aumonier, presented Elbeck with a "Book of Prayers" containing many prayers and poems from Salon partners.

Schneck reported on the annual card party held in August in Highland.

Judy Zimmerman, Departmental Chapau Passe, thanked everyone for the good year as Chapau. She presented Elbeck with a plaque for a full campership donated by Madison County Salon 53 for Camp Superkids.

Supper was served at a good day at Camp Superkids in July when Eight and Forty visited the camp. There were 21 people in attendance, including Edith Harris and Judy Zimmerman from Salon 53.

As a delegate to the National LaMarche in Orlando, Fla., Zimmerman served as chairwoman of pages for the meetings. She gave a report on all of her accomplishments, which included third place for the Illinois history, three Partnership awards, most money donated in the Central Division to the American Legion Child Welfare Foundation, 100 percent in Salon reports and for donating more than \$5,000 to the Nurses Scholarship program.

Installation of officers was performed by Elaine Viererage, Chapau Passe, installing officer: Shirley Landolt, L'Aumonier; and Irene Schneck, installing LaConcierge. Officers installed were: Chapau Wanda Taylor, LeDemi Chapau Premiere Zella Emde, LeDemi Chapau Deuxieme Nancy Paelts, LaSecrtaire Dorothy Hinson, LaCassiere Norma Hillier, L'Archiviste and Pouvoir: Member Frances Elbeck, L'Aumonier Adaline Drury, and LaConcierge Zerna Harmon.

Donations were made to the Departmental Chapau Project and the American Legion Child Welfare Foundation. Boys, Children and Youth chairwoman, asked members to bring handmade pillows to the November meeting for the Gateway Cystic Fibrosis Christmas Party.

Viererage, Red Book chairwoman, asked that \$20 be sent for the printing of the report book.

The attendance prize was won by Norma Hillier.

A collection was taken for the campership for Camp Superkids.

Fall Pouvoir will be this month in Galesburg, Ill. Ten partners plan to attend.

Hostesses for each month for 1997-98 were assigned.

The next meeting will be Oct. 21 in New Douglas.

Seniors Unlimited

Seniors Unlimited of Niedringhaus United Methodist Church held their Sept. meeting in Wesley Hall at the church. Meeting opened with Jean Hileman giving a devotion entitled "Time". She also gave grace before a lunch of lasagna and salad.

Director, Del Groothuis introduced Skip Butler and Brian Smith of Terra Properties of Highland. Butler spoke of the senior apartments he is going to build at 54th and Adams. There will be 26 units built. These apartments will be called Village Garden Apartments.

There were 98 in attendance. The next meeting will be Oct. 29th.

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NEWS

CRP signups set for five-week period

Agriculture Secretary Dan Glickman recently announced that the next Conservation Reserve Program general sign-up will be held during a five-week period from Oct. 14 through Nov. 14 in USDA Service Centers across the nation. "This is an opportunity for landowners to participate in a cost-effective, voluntary program to improve their land, water, and wildlife resources," Glickman said. "Many landowners have not participated in CRP in the past. Now they will have another chance to do so."

CONSERVATION

and to better protect the nation's natural resources base," said Glickman. "I encourage applicants to find out about the EBI well in advance of Nov. 14 and to consult with USDA experts locally on steps they can take to maximize EBI points. Landowners who do this have a higher likelihood that their acreage will be accepted."

"We want to make sure every potential applicant has the information they need to make an informed decision," Glickman said. "We will be holding public information meetings and making other efforts to get the facts out to landowners in plenty of time before the sign-up begins."

"This will also be an opportunity for landowners whose contract offers were not accepted in sign-up 15 last spring and those with contracts expiring this fall to make new contract offers."

USDA will continue to evaluate and rank all eligible CRP offers using an EBI based on the potential environmental benefits from enrolling land in the CRP.

"Decisions on the EBI cutoff will be made only after sign-up 16 concludes," Glickman said. "And we may not use the same cutoff that we used in the 15th sign-up. We decide the cutoff after analyzing the EBI of all the bids. Those who would have met previous EBI thresholds are not guaranteed a contract this time around."

Approximately 27.8 million acres will be under CRP contracts on Oct. 1. More than 4.8 million acres are under contracts that expire next year on Sept. 30. USDA is authorized to maintain enrollment of up to 38.4 million acres.

The CRP is designed to improve the nation's natural resources base. Landowners enter into contracts with USDA to enroll eligible and other environmentally sensitive land in long-term contracts—for 10 to 15 years.

In exchange, landowners receive annual rental payments and a payment for up to 50 percent of the cost of establishing conservation practices. The program protects millions of acres of American topsoil from erosion.

BIRTHS

The following is a list of births reported by Memorial Hospital in Belleville.

Sept. 22
Shelly and Patrick Knight of Belleville, girl
Tracy and Bruce Combs of Belleville, girl
Mary and Steven Kinsing of Addicks, girl
Cynthia and Richard Reiniger of Maryville, boy
Sept. 23
Jennifer Causey of Millstadt, girl
Sept. 24
Lisa Elmore of Belleville, boy
Joylene and Donald English of Fairview Heights, girl
Michelle Barbeau Jones and Robert Jones of Belleville, girl
Sept. 25
Geri and Jeremy Smith of O'Fallon, boy
Tanya Day of Belleville, girl
Tammy Allen of Fairview Heights, girl

Sandra and Scott McClelland of Dupo, girl
Shelia and James Walls of Fairview Heights, boy
Sept. 26
Julie and Jeffrey Ramage of Caseyville, boy
Nancy and Matthew Staves of Collinsville, boy
Karen and Joe Rittenhouse of Swansea, boy
Michelle and Scott Ogan of Collinsville, boy
Ella and Jorel Davis of Edgemont, girl
Eva and Joseph Burrow of New Athens, boy
Sept. 27
Pamela and Michael Roberts of Belleville, girl
Lynda and Steven Snyder of Belleville, boy
Diane and Dean Lawrence of Belleville, boy
Lisa and Lindsay Diller of Swansea, boy

MILITARY

Army Reserve Pvt. JASON C. AGNE has graduated from basic military training at Fort Leonard Wood, Waynesville, Mo.

Agne is the son of Stanley K. and the stepson of Linda M. Agne of Belleville.

Army Pvt. AMANDA M. ALVIS has entered basic military training at Fort Jackson, Columbia, S.C. Alvis is the daughter of Lana M. Alvis of Troy.

She is a 1997 graduate of Triad High School in St. Jacob.

TROY T. APPEL has been promoted in the U.S. Air Force to the rank of senior airman.

Appel is an air surveillance technician with the 964th Airborne Air Control Squadron at Tinker Air Force Base, Oklahoma City, Okla.

He is the son of Dorothy and Daniel Appel of Belleville.

His wife, Angel, is the daughter of Donald Sanders of Florissant, Mo.

The senior airman is a 1992 graduate of Belleville East High School.

JOHNNY J. BRUHA-BREWTON has joined the U.S. Army under the Delayed Entry Program at the U.S. Army Recruiting Station, Belleville.

Brewton will report on Oct. 15 to Fort Benning, Columbus, Ga., for

military basic training. He is the son of Erna and Richard Bruha of Fairview Heights.

Navy Seaman Apprentice JAMES C. BRICKLEY, son of Rudolph and Sun Brodsky of O'Fallon, recently completed U.S. Navy basic training at Recruit Training Command, Great Lakes, Ill.

Brickley completed a variety of training, including classroom study and practical instruction on naval customs, first aid, firefighting, water safety and survival, and shipboard and aircraft safety.

Navy Petty Officer 2nd Class JOSEPH C. CULLEN, a 1984 graduate of Belleville Township High School West, recently received the Navy and Marine Corps Achievement Medal.

He is the son of Gordon and Yoko Cullen of Belleville.

Cullen was cited for superior performance of duty while serving aboard the aircraft carrier USS John F. Kennedy, homeported in Mayport, Fla. Cullen was singled out because of his initiative in making a significant contribution to the accomplishment of the command's mission.

Cullen also recently completed a seven-day visit to Haifa, Israel, while assigned to the USS John F. Kennedy, currently on a six-month

deployment in the Mediterranean Sea and Porosian Gulf.

He joined the Navy in August 1988.

JAMES C. CALLAHAN of Belleville has joined the U.S. Army and has received the Army's written guarantee that he will receive training in the job specialty of his choice, cavalry scout.

Callahan will take basic and advanced individual training at Fort Knox.

He is the son of John and Carol Miller of St. Louis. His wife is Rebecca Callahan of St. Louis.

Air Force Tech. Sgt. DAVID L. CHURCH has retired from the U.S. Air Force after 20 years of military service.

Prior to retiring, Church was an assistant information management support division chief with Headquarters, Air Force Recruiting Services, Randolph Air Force Base, Universal City, Texas.

He is the son of retired Air Force Tech. Sgt. Robert and Viola Church of Mohawk, N.Y.

His wife, Tina, is the daughter of Leon and Shirley Smiddy of Collinsville.

Church is a 1977 graduate of Herkimer Senior High School in New York.

Navy Seaman Recruit ROBERT F. CALVERT, son of Willie Jones of East St. Louis, recently completed U.S. Navy basic training at Recruit Training Command, Great Lakes, Ill.

Calvert completed a variety of training, including classroom study and practical instruction on naval customs, first aid, firefighting, water safety and survival, and shipboard and aircraft safety. An emphasis is placed on physical fitness.

He is a 1995 graduate of South-west Dekalb High School of Decatur, Ga.

Air Force 2nd Lt. JASON A. DIX has arrived for duty at Barksdale Air Force Base, Bossier City, La.

Dix is a production supervisor with the 96th Bomb Squadron.

He is the son of Cary and Debra Dix of Collinsville.

Dix is a 1992 graduate of Metro-

East Lutheran High School in Edwardsville and a 1997 graduate of Southern Illinois University at Edwardsville.

NATHAN T. DUNNIGAN of Scott Air Force Base has joined the U.S. Army.

Dunnigan's recruiter, Staff Sgt. John Campbell of the U.S. Army Recruiting Station in Fairview Heights, said Dunnigan has received the Army's written guarantee that he will receive training in the job specialty of his choice, linguist.

Dunnigan, a 1986 graduate of Mascoutah High School, will take basic training at Fort Jackson, S.C., and advanced individual training at the Defense Language Institute, Foreign Language Center, Prosser of Monterey, Calif., reporting for duty Oct. 7.

He is the son of Oglin and Sue Dunnigan of Scott Air Force Base.

Army Pfc. WILLIAM J. DUEKER has entered the U.S. Military Academy Preparatory School at Fort Monmouth, Red Bank, N.Y.

Dueker is the son of Tom and Mary Dueker of Belleville.

Army Pvt. SUMMER B. FOSTER has entered basic military training at Fort Jackson, Columbia, S.C.

She is the daughter of Rita Foster of Troy. Her grandmother, Evelyn Lorraine, lives in Florissant, Mo.

Foster is a 1995 graduate of Triad High School in St. Jacob.

JENNIFER W. FRANKIE of Belleville has joined the U.S. Army.

Frankie's recruiter, Sgt. Sheronda Johnson of the U.S. Army Recruiting Station in Belleville, said Frankie has received the Army's written guarantee that she will receive training in the job specialty of her choice, food service specialist.

DEPRESSION

Clinical Research Associates of Edwardsville urgently needs volunteers age 18 and over with Depression to participate in research studies comparing investigational drugs with available antidepressant medication and placebo. If you or someone you know has depression please give us a call. Symptoms include:

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ESTATE PLANNING AND THE 1997 TAX ACT: HOW IT AFFECTS YOU

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PRESENTERS

ED RYRIE, vice president and trust officer at Magna Trust Company in East Alton will discuss:

- The Importance of Estate Planning
- Key Elements of an Estate Plan
- Taxation of Estates and Gifts
- Charitable Giving

ED HOERING, CPA of Ganim, Meder, Childers & Hoering, PC will provide an overview of "Washington's Gift To You."

- The New and Improved IRAs
- Capital Gains Relief
- The New Tax Credits

DATE, TIME, PLACE

Thursday, October 23, 1997
7 to 9 p.m.

Memorial Hospital's Auditorium

INFORMATION

This program is free; however advance registration is requested. To make a reservation, call Memorial Foundation at (618) 257-5659.



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Today's Food

Wednesday, October 8, 1997

Food & Nutrition

Wise Ways

Pasta takes simple sauces for flavorful companions.

INSIDE

Heart-ly Bites

Apple celebrates roots of good health and autumn foods.

INSIDE

Blue Ribbon Cook

Pears give winning touch of sweet moistness to quick bread.

INSIDE

Test Run

Orange-colored V-8 juice made testers take a second look. New 'Splash' is carrot juice with fruity flavor and lots of vitamin A.

INSIDE

Micro Paves

Seafood swims into line with quality and cooking ease ready for delicious results in the microwave.

INSIDE

Lively Taste

For a Thai-style sandwich, spread 1 large flour tortilla (10 to 12 inches) with 1 teaspoon plum sauce. Layer 1 package (2.5 ounces) smoked ham over sauce. Toss 1/4 cup shredded coleslaw with a little reduced-sodium soy sauce, 1 teaspoon sesame oil and 1 tablespoon thinly sliced green onion. Arrange over ham. Sprinkle with pepper sauce. Fold in sides and roll. Serve immediately, or wrap in plastic and refrigerate up to 24 hours before serving. Can be cut in half.

Health & Fitness

Medicine Chest

FemPatch, a new low-dose skin patch that delivers estrogen to the bloodstream, has been cleared by the U.S. Food and Drug Administration for the treatment of menopausal symptoms, including hot flashes and night sweats. The patch reduced the number of hot flashes women experienced by 84 percent. The thin, flexible patch is applied to the buttocks and replaced every seven days.

Fresh Picks

When it comes to squash, fill 'em up! Salvage the last zucchini or pattypan and scoop out the seeds and pulp (a grapefruit spoon is excellent for this) to create a shell 1/4- to 1/2-inch thick. Add a filling and bake, covered, in a preheated 350 degree oven 20 to 25 minutes, then uncover and bake 10 to 15 minutes longer until the squash is done but still firm. Winter squash, like acorn and butternut, need encouragement to soften their pulp. Cut them in half lengthwise, using a sharp knife, then scoop out seeds and fiber. Bake, cut-side up and tightly covered, in preheated 375 degree oven 40 to 50 minutes until easily pierced with a knife but still firm. When cool enough to handle, scoop out some of the pulp until a shell 1/2-inch thick is left. Stuff as desired; if using meat, it must be cooked first. Bake 15 to 20 minutes until thoroughly warm. Excess pulp can be chopped and used as part of stuffing or cooked for another use.

Big Fat Tip

Enjoy the seasonal flavor of squash bisque. Cook 1 medium onion, finely chopped, and 1 tablespoon minced ginger root (or 1/2 to 1 teaspoon ground ginger) in 2 teaspoons margarine 5 minutes, stirring occasionally. Add 1-1/2 cups cooked acorn squash (a 12-ounce package frozen squash, thawed, can be used), 1 can (14-1/2 ounces) reduced-sodium chicken broth and 1/8 to 1/4 teaspoon white pepper. Bring to boil. Reduce heat. Simmer 5 minutes. If desired, serve with dollop of fat-free sour cream.

Future Shop

Supermarkets that want to be part of the dinner scene provide ready-to-go meals that let customers bite off what they can chew. For instance, a Winn-Dixie in Tampa, Fla., has a three-sided melon bar. Two sides have melon slices and pieces ready-to-go in several varieties. The third counter is devoted to melon baskets and fruit trays, ready for taking home, to a party or to work. Melon baskets are full of color and variety, including some packed only with strawberries.



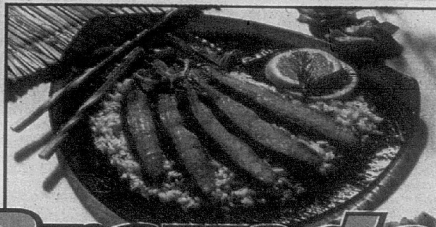
Beefy Bravado

By Janice Denham
Staff writer

Chris Freymuller took the braggin' rights home to Salt Lake City, Utah. His Pacific Rim Glazed Flank Steak was named "best of beef" and earned him the top prize of \$25,000 and Frigidaire kitchen appliances in the National Beef Cook-Off in Tampa, Fla. He never entered a contest before, but he takes cooking seriously. He often used the word "enjoyment" in speaking of his relationship with the stove and three grills.

The investment broker often spends part of Saturday watching cooking shows on public television.

Chris Freymuller's efforts with his recipe for Pacific Rim Glazed Flank Steak were rewarded in the 1997 National Beef Cook-Off. His dish won the top prize. Along with a passion for cooking, dining and enjoying easy and tasty food informally with friends, he had some cooking tips. One was to use sharp knives to avoid pushing and dragging and possible injury to the cook. The other: "You can never use too much garlic." He would accompany the flank steak with garlic mashed or cheese-flavored potatoes and a fresh Caesar salad.



"I wasn't married until I was 40, so I had lots of time to practice cooking for myself. Just the idea of the shows, that you can do anything with a little creativity, is what I enjoy," he said.

He likes the steak recipe, which he developed more than a year ago, because of its versatile, fresh flavors and the way the dish can be dressed up or down with salads and vegetable combinations. With a quick marinade using teriyaki flavors, onion, honey, orange juice and rosemary, it can be cooked after work.

Freymuller is not the first man to win the national contest, but he considers men in the kitchen, not just at the grill, less an oddity today. He learned to cook from his mother. His simple presentation with the meat sliced for the judges relied primarily on the finished meat's flavor.

The recipe, like all finalists, followed requirements to use at least 3 ounces cooked trimmed beef; limit ingredients to no more than eight ingredients other than salt, pepper and water; and complete the dish within 1 hour.

Reflecting a national interest in year-round

SEE BEEFY IN
TODAY'S FOOD
PAGE 2

Contestant photos
by Janice Denham



Sherlyne Hutchinson of Cornelius, Ore., used small amounts of assertive flavors to achieve the combination which won her third place in the national beef contest last month in Tampa, Fla. Grilled Thai Sirloin with Tangy Lime Sauce is a delicious example of the hobby which has kept her busy now that her five children are raised and living elsewhere.



Lisa Keys of Middlebury, Conn., grilled vegetables alongside sirloin steak at the 1997 National Beef Cook-Off. More than half the finalists prepared their entries on the grill, reflecting interest in the outdoor-style flavors all year long. Following the trend, she grills "in the snow, in the rain," she said. For Grilled Red Pepper Steak and Vegetables, Keys used a milder, more flavorful pepper sauce, at the suggestion of her husband, Bill, who accompanied her to the event. Like several other contestants, she used sirloin steak for its versatility and light marbling.

Italian Pancakes

Pancakes are a treat morning, noon or night. Create mini ones with an Italian soul to celebrate Columbus Day this week.

Beat 2 cups baking mix, 1 cup milk and 2 eggs until well blended. Stir in 1/2 cup (2 ounces) shredded mozzarella cheese, 1/2 cup finely chopped pepperoni, 1/2 cup finely chopped tomato (1 small), 1/4 cup finely chopped green bell pepper (1/2 small), and 2 teaspoons Italian seasoning.

Spoon batter by the tablespoonful onto preheated, greased griddle or skillet. Spread slightly. Cook until edges are dry. Turn over. Cook until golden brown.

Makes about 40 small pancakes to dunk in warm pizza or spaghetti sauce.

Kids' Cuisine

Today's Food

Heart-y Bites

By PAUL OTT

Casserole gets home habit

When I was young, our family camping trips were fun. Luckily, we went several times each year. My fondest memories were those Indian summer days, cool nights and that special aroma that only can be created by roasting marshmallows over a campfire.

I remember waking up on those chilly mornings and stirring the coals from the night before, trying to spark the embers into another fire to warm me. My mom's hot chocolate helped, too.

Once in awhile we had a breakfast casserole as a special treat. The smell of eggs and cheese baked with peppers, mushrooms and spices always made this hungry camper an eager helper at setting the table.

I made that egg casserole a few weeks ago. Because now I know more about food and nutrition, I noticed how much fat and cholesterol was in the original recipe. Luckily, with easy-to-find, fat-free products on the shelf, I can reproduce a great-tasting, low-fat, low-cholesterol egg casserole.

One of the first changes is a yolk-free egg product. The yolk contains most of an egg's fat and cholesterol, so the simple change avoids most of the fat and all the cholesterol. I

mixed in one egg to improve the texture, an easy convenience because the recipe calls for five eggs and a carton of yolk-free egg product, which is the equivalent of four eggs.

Eggs can be eaten in a heart-healthy diet, but should be limited to three yolks per week. Often called "egg substitute," this product does hold other healthy attributes of eggs, because it contains egg whites. Used alone or with other ingredients, it helps extend the flavor and color of eggs, too.

I also substituted fat-free sour cream, fat-free cottage cheese and fat-free mozzarella cheese. Not only do these changes eliminate most of the fat and cholesterol, but they significantly reduce the calories.

When the task is eliminating or reducing fat, don't forget to compensate for losing the flavor fat holds. I added a teaspoon of chili powder to give it a mild change in flavor. It also could be changed by adding a variety of herbs or spices in place of the chili powder and green chiles.

Often food producers replace fat with sugar or salt. Look at labels of these products. If there is considerably more sodium

BREAKFAST CASSEROLE

- 1 cup yolk-free egg product, such as Egg Beaters
- 1 egg
- 2 cups (8 oz.) shredded fat-free cheddar or mozzarella cheese
- 1/2 cup fat-free cottage cheese
- 1/2 cup fat-free sour cream
- 1/4 cup flour
- 1 tsp. chili powder
- 1/2 tsp. baking soda
- 1 can (4.5 oz.) diced green chiles, drained
- 1 cup sliced mushrooms, if desired

Preheat oven to 350°. Lightly coat 8-inch baking dish with nonstick cooking spray. Beat together egg and egg product. One at a time, add cottage cheese, sour cream, flour, chili powder, baking soda, chiles, mushrooms and shredded cheese, mixing well after each addition. Add shredded cheese last for easier mixing. Pour into prepared pan. Bake in preheated oven 30 to 40 minutes. Let cool 10 to 15 minutes before serving. Makes 6 servings; 150 calories, 1 g fat, 52 mg cholesterol and 715 mg sodium each.

or the same number of calories in a reduced-fat product, it may not be much better than the original and still should be considered a food to use occasionally.

This tuned-up casserole is a much better choice than many traditional high-fat breakfast foods, like bacon and eggs, sausage, and biscuits and gravy, but it still contains a reasonably high amount of sodium,

mostly from the cheeses.

However, it makes a handy special-occasion dish to share. Invite friends for brunch and serve it with a variety of juices and fresh fruits, toast or bagels with jelly or jam and enjoy a healthy meal.

Registered dietitian Paul Ott is a member of the nutrition committee of the American Heart Association, St. Louis Chapter.

Beefy

Continued from page 1C. grilling, more than half the finalists cooked their recipes on a grill.

Mary Hawkes, Arizona's finalist, baked pizza for her \$10,000 prize and range.

The week before the contest she broke her arm, so she obviously proved her recipe was "easy enough to fix with only one hand."

She spread 1 1/4 cups mild and chunky salsa on a pre-baked 12-inch Italian bread shell, sprinkled it with 3/4 cup (3 ounces) shredded Mexican cheese blend, then topped it evenly with 1 pound ground beef, lightly cooked and crumbled; 1 can (4 ounces) diced green chiles, well drained; 2 medium plum tomatoes, seeded and coarsely chopped; 1/2 cup thin red onion slivers; 2 tablespoons chopped fresh cilantro; and another 3/4 cup shredded cheese.

After baking it in a preheated 450° oven 11 to 13 minutes, until the topping is hot and the cheese is melted, she sprinkled the top with 2 tablespoons chopped fresh cilantro.

Sherlyne Hutchinson, third-prize winner from Oregon, grilled one of the cook-off's favorite beef cuts, sirloin steak. Because of its versatility and low fat, she uses it often for both indoor and outdoor cooking.

She chose a touch of hot chili oil and fresh cilantro for her marinade.

"I like all these flavors. People either like or don't like cilantro, but it is fun to keep like a bouquet in the refrigerator," she said.

Lisa Keys represented Connecticut with another recipe for grilling sirloin, this time with fresh vegetables.

A free copy of this year's contest recipes is available by calling toll-free 800-848-9088 or sending a stamped, self-addressed, business-size envelope to: National Beef Cook-Off Recipes, Department NBCO-1997, 444 N. Michigan Ave., 18th Floor, Chicago, Ill., 60611.

The next National Beef Cook-Off will be held in 1999 in Omaha, Neb. For rules, send a stamped envelope to National Beef Cook-Off Rules, Department 99, at the same address.

PACIFIC RIM GLAZED FLANK STEAK

- 1 beef flank steak (1 1/2 to 2 lbs.)
- 1 cup prepared teriyaki marinade
- 1/2 cup chopped onion
- 1/2 cup honey
- 1/2 cup fresh orange juice
- 1 tbsp. chopped fresh rosemary
- 1 tsp. dark sesame oil
- 1 large clove garlic, crushed
- Pepper
- Orange slices and rosemary sprigs

In medium shallow dish, whisk together marinade, onion, honey, orange juice, chopped rosemary, oil, garlic and pepper as desired until blended. Remove and reserve 3/4 cup for basting.

Using sharp knife, lightly score both sides of steak in crisscross pattern. Turn to coat in marinade. Marinate, covered, in refrigerator 30 minutes, turning once.

Remove steak from marinade; discard marinade.

Grill over medium coals 17 to 21 minutes for medium-rare to medium doneness, basting occasionally with reserved

marinade and turning once. In small saucepan, bring remaining basting marinade to boil.

Carve steak diagonally across grain in thin slices. Arrange on platter. Spoon hot marinade over beef. Garnish with orange and rosemary sprigs.

Makes 4 to 6 servings.

GRILLED THAI SIRLOIN WITH TANGY LIME SAUCE

- 1 1/4 lb. well-trimmed, boneless beef top sirloin steak (1 inch thick)
- 3 tbsp. soy sauce
- 2 tsp. olive oil
- 1/2 tsp. hot chili oil
- 2 tsp. garlic powder or crushed fresh garlic
- 3/4 tsp. pepper
- 1/2 cup finely chopped fresh cilantro

In small bowl, whisk soy sauce, olive and chili oil until blended. In second small bowl, combine garlic powder and pepper.

In large shallow dish, pour half the soy sauce mixture over one side of steak, then sprinkle with half the garlic and half the cilantro. Rub firmly into beef. Turn over steak and repeat. Marinate, covered, in refrigerator 20 minutes.

Grill over medium coals, turning once, 17 to 21 minutes for medium-rare to medium doneness. When steak is almost done, heat sauce.

Carve steak crosswise in thin slices. Arrange on heated platter. Spoon sauce on top. Serve immediately.

Sauce: Combine 1 tablespoon fresh lime juice, 1 tablespoon soy sauce, 1/2 teaspoon packed brown sugar and 1/4 teaspoon pepper.

Makes 4 servings.

GRILLED RED PEPPER STEAK AND VEGETABLES

- 1 1/4 lb. well-trimmed, boneless beef top sirloin steak (1 inch thick)
- 1 clove garlic, cut in half
- 1/2 tsp. salt
- 1/2 tsp. pepper
- 2 tbsp. plus 1/2 to 1 tsp. red pepper sauce (milder than Tabasco)
- 2 tbsp. crumbled blue cheese
- Fresh celery leaves
- 2 large red bell peppers, quartered lengthwise
- 1 medium red onion, sliced 1/2 inch thick
- 1 tsp. olive oil
- Salt and pepper

Rub both sides of beef with cut garlic, then sprinkle with 1/4 teaspoon salt and 1/2 teaspoon pepper. Spread 1 tablespoon pepper sauce on each side of steak.

Grill in center of grid over medium coals, turning once, 17 to 21 minutes for medium-rare to medium doneness.

Brush bell pepper and onion lightly with half the oil. Arrange steak toward outer edges. Grill, turning once, 12 to 15 minutes until tender.

Separate onion in rings. Cut bell pepper in thin slices. Toss with remaining olive oil and 1/2 to 1 teaspoon pepper sauce. Season with salt and pepper as desired.

Carve steak crosswise in thin slices. On platter, arrange vegetables around beef. Sprinkle with cheese. Garnish with celery leaves.

Makes 4 servings.

Test Run

Juice adds splash of healthy vitamins

Once testers got past the shock of a V8 juice that was orange instead of red, they braced themselves for a "Splash" of carrot, apple and three tropical fruit juices.

"It doesn't taste like carrot juice. It's much sweeter. It's really not too bad, even better if it's healthy," a taster said. At \$2.39 for a 46-ounce plastic bottle at Dierbergs, its price came up for review.

"I like the V-8 Splash: It's more satisfying than regular fruit juices. The carrot makes it more 'meaty' and healthy tasting. It's not too sweet, either. I would buy it, but probably as a treat," another taster said.

The label lists water, then carrot juice from concentrate as the second ingredient. Besides corn syrup, the juice concentrates are apple, pineapple, kiwifruit and lime, with mango puree for good measure. Beta carotene is added. It has 100 percent of the U.S. Recommended Daily Allowance of both vitamin A and vitamin C in a 1-cup (8-ounce) serving.

"With all the good things being said about vitamin A, this is a painless way to get some extra, plus I don't

always get the vitamin C I should. I don't think you taste any 'carrot' in this. It seems like all fruit. I might pick this up during the winter when I get stuck in a rut over fruits and vegetables," a tester said. For another taster, the flavor seemed like a distant memory, once she moved past being "skeptical." "It had a taste very similar to those punches you might encounter at receptions or showers, only not so sweet. I liked the light taste and the fact that it wasn't loaded with sodium and, for a fruit juice, easy on sugars," she said.

Several thought it would be good over ice. One tried it with positive results, because it cut what she called its "rich thickness." The Splash's sweetness was a factor for several.

"It had a very different, juicy taste, sort of half-fruit, half-vegetable taste. It was not bad at all, tart but not too tart, sweet but not too sweet," one of the tasters said.

A 1-cup serving has 120 calories, 20 milligrams sodium and 30 grams carbohydrate (27 grams sugars).



V8 "splashes" into a new juice market with carrot juice dressed in a hefty dose of tropical fruit flavor.

Leara's winner: Pear and zucchini moisten, fill quick bread

Mrs. Tony Leara, St. Louis County, is this week's winner of dinner certificates to the Pasta House Co. for Pear Zucchini Bread.

With what she calls a "thriving garden," she has had much practice using zucchini. When she shares the bread with co-workers, they appreciate its moistness and how pieces of pear peak out of every slice. For those cautious about what they may eat, the flesh of zucchini, when peeled, is

hard to distinguish from pear in the bread.

Holiday cookies are the subject of this month's recipe contest. A recipe for any type of cookie can be sent by Oct. 31 to: Cookie Recipe Contest, Suburban Journals, 174 Deer Tracks Trail, St. Louis, Mo. 63131.

Each Wednesday in November a winner will be chosen on the basis of taste and eye appeal, as well as originality, although the recipe need not be original. This gives an opportunity to

win and share a recipe four times this month for sending in a single recipe.

Double-check directions and specific amounts, giving variations that individualize the recipe.

If possible, tell where the recipe came from and give specific information about special touches that give it a personal signature or a special story about when it was served. Indicate which Journal newspaper you receive. Duplicate entries will be

considered on the basis of earlier entry or best compliance with rules. Contest winners may enter again six months after their prize-winning publication date.

PEAR-ZUCCHINI BREAD

- 2 cups chopped peeled pear

- 1 cup shredded zucchini
- 1 cup granulated sugar
- 1 cup packed brown sugar
- 3 eggs, beaten
- 1 cup oil
- 1 tsp. vanilla
- 2 cups flour
- 1 cup rye or whole wheat flour
- 2 tsp. pumpkin pie spice
- 1 tsp. baking soda
- 1/2 tsp. salt
- 1/2 cup chopped nuts

Preheat oven to 350°. Grease two 8-by-4-inch loaf

pans. In large bowl, combine pear, zucchini, granulated and brown sugar, eggs, oil and vanilla.

In separate bowl, combine rye and all-purpose flour, spice, baking soda, baking powder and salt. Fold in nuts.

Pour batter into prepared pans. Bake in preheated oven 55 to 65 minutes until toothpick inserted near center comes out clean.

Cool in pans 10 minutes. Remove to wire rack to cool completely.

Wise Ways

By MARY SCHROEPFER

Simple sauces update image of pleasing pasta

Pasta varieties and flavors are blooming. Instead of all-cream or all-tomato spaghetti sauce, new-style pasta is tossed with a light sauce and strips of roasted eggplant or bell pepper, creamy pesto, broiled mushrooms or steamed slivers of zucchini and summer squash.

Mealtime is easy when pasta is paired with a simple sauce. Match hearty, robust sauces with chunky pasta shapes like mostaccioli, ziti or shells. Noodles or spirals work well with creamy sauces, while tiny shapes like stars, alphabets or orzo (rice) shapes are best in soups, or cooked like rice.

Pasta is available dried or fresh. Traditional dried pasta keeps indefinitely. Store it in a cool and dry place. Fresh pasta is perishable, so buy it

from a store with high turn-over and check the "sell-by" date. Store fresh pasta tightly wrapped in plastic up to a week in a refrigerator or up to a month in a freezer. Left-over pasta keeps a day or two in the refrigerator.

Cook pasta in plenty of water, estimating four quarts water per pound of pasta. Bring water to a rolling boil before adding pasta. Stir to prevent pasta from sticking. Do not overcook it. Cook to the "al dente" stage — tender, but firm to the bite. Mushy pasta is overcooked.

Two ounces spaghetti yields 1 cup cooked; two ounces macaroni (½ cup) equals 1 cup cooked. Two ounces dried egg noodles (1½ cups) yields 1½ cups cooked.

Pasta is high in carbohydrates, low in fat and enriched with iron, niacin,

riboflavin and thiamine. Beginning in January, pasta and other grain products will include folic acid, a B-vitamin important in helping prevent birth defects and heart disease.

This pasta 'n' pesto dish is fit for the 21st century. Its topping of cottage cheese and cilantro gives traditional pesto to toppings made with oil and basil an up-to-date, healthy image and flavor.

Home economist Mary Schroepfer is nutrition specialist for University Extension (University of Missouri system) in Franklin County.

PASTA WITH LOW-FAT CILANTRO PESTO SAUCE

2 oz. uncooked egg noodles
1 tsp. flavored salad oil, such as garlic or pepper (see Note)
½ cup low-fat cottage cheese
¼ cup fresh cilantro leaves

Cook pasta in boiling water according to package directions until al dente. Drain. Toss with flavored oil.

In blender, process cottage cheese and cilantro until smooth. Pour pesto over pasta. Toss. Serve with grilled chicken or fish.

Makes two (1-cup) servings: 207 calories, 7 g fat, 66 mg calcium and 170 mg potassium each.

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Micro Raves

By JUDY EDDY

Seafood school starts with quick preparation

If something is fishy this fall, hopefully it's dinner. Whether it is cod, tuna, salmon or shrimp, the ideal way to prepare fish is in a microwave oven. Baked, steamed or poached, fresh or frozen fish is tender, moist and flavorful.

Because of the naturally-moist cooking method of a microwave oven, fish cooks quickly. Recipes for traditional cooking methods suggest it is done when it flakes easily with a fork. Fish cooked in a microwave oven to that stage is overcooked.

Fish should be micro-cooked only until it begins to be firm in the middle. Standing time after cooking completes the process. Shellfish, such as shrimp, should be cooked until the flesh becomes pink in color.

The first step in preparing fresh or frozen seafood is to look for quality. Buy fish that smells fresh and does not have a strong "fishy" odor. The flesh of whole fish should feel firm to the touch. Frozen fish should be solid when bought. Avoid any with evidence of repeated thawing or refreezing, or frozen so long it has freezer burn or looks dry from evaporation of its natural water.

Supermarkets hold a wonderful selection of fish. Frozen fillets or steaks can be poached or steamed. Whole

devised and peeled shrimp can be sautéed or combined with a sauce. Fresh fish can be purchased within 24 hours of being caught.

When fish is on the menu, cook the rest of the meal first, so it is at serving temperature when the fish gets its short turn to cook.

Fish often is looked upon as an ideal for a low-fat main dish, but some fish are higher in fat content than others. Cod, perch, snapper, sole and turbot are examples of lean fish. Mackerel, tuna, trout and whitefish are richer-tasting fish that are best served with a light sauce. The same goes with shrimp. They can be poached in broth or wine, or combined with tomatoes and other spices in a Creole-type dish.

When preparing fillets in a microwave oven, thicker portions of the fish should be on the outside edge so they receive the most concentrated cooking. Its natural moisture provides the steaming mechanism.

If poaching is the preferred cooking method, squeeze lemon juice on the fish or combine it with a little butter for a sauce to pour around and over the fish before cooking. Cover the cooking dish with plastic wrap to retain its moisture.

The "Betty Crocker Microwave Cookbook" sug-

gests this tasty recipe for Lemon Shrimp that comes to the table in 12 to 14 minutes.

Home economist Judy Eddy specializes in microwave cooking.

LEMON SHRIMP

1½ lb. frozen, peeled, deveined medium raw shrimp
¼ cup soy sauce
¼ cup lemon juice
2 tsp. sugar
2 tsp. dry white wine
¼ tsp. ground ginger
2 cups hot cooked rice

Place frozen shrimp in microwave-safe casserole.

Combine soy sauce, lemon juice, sugar, wine and ginger. Stir into shrimp. Cover with plastic wrap. Microwave on high power 12 to 14 minutes, stirring halfway through cooking time. When shrimp are pink and their flesh is firm, they are cooked. Let stand 5 minutes to complete cooking.

Serve over hot cooked rice for a light, quick, flavorful meal.

Note: If microwave oven holds cooking odor, microwave combination of ¼ cup lemon juice and ¼ cup water on high power 1 minute.

Recipe

TORTELLONI WITH PEPPERONI AND OLIVES

2 tbsp. olive oil
1 tsp. chopped onion
½ cup diced red bell pepper
½ cup sliced ripe olives
¼ cup dry white wine or

chicken broth
1½ cups (12 oz.) refrigerated tomato sauce
2 to 4 oz. chopped pepperoni
½ tsp. salt
¼ tsp. pepper
1 pkg. (9 oz.) refrigerated cheese tortelloni, cooked, drained
1 tbsp. grated parmesan cheese
1 tsp. chopped fresh basil

In medium skillet, heat oil. Sauté onion, bell pepper and olives 2 minutes.

Add wine, tomato sauce and pepperoni. Season with salt and pepper to taste. Bring just to boil, stirring often. Simmer 1 to 2 minutes. Toss warm pasta with sauce. Sprinkle with parmesan cheese.

Makes 4 servings.

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2 Lbs. Bacon
6 Lbs. Fryers

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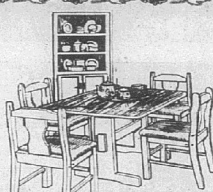
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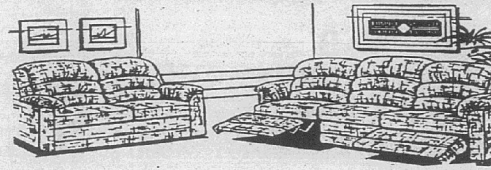


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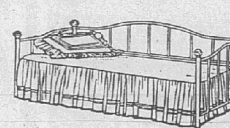


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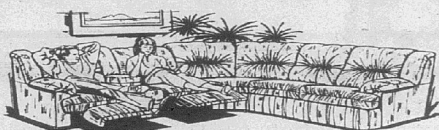
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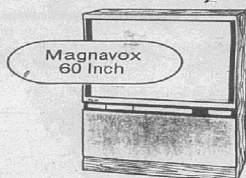


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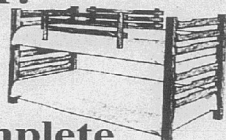


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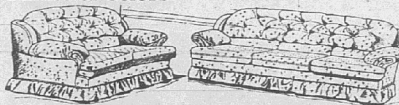
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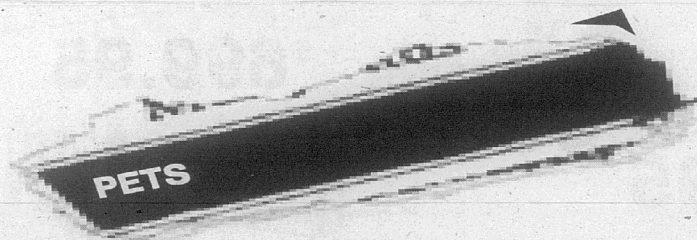
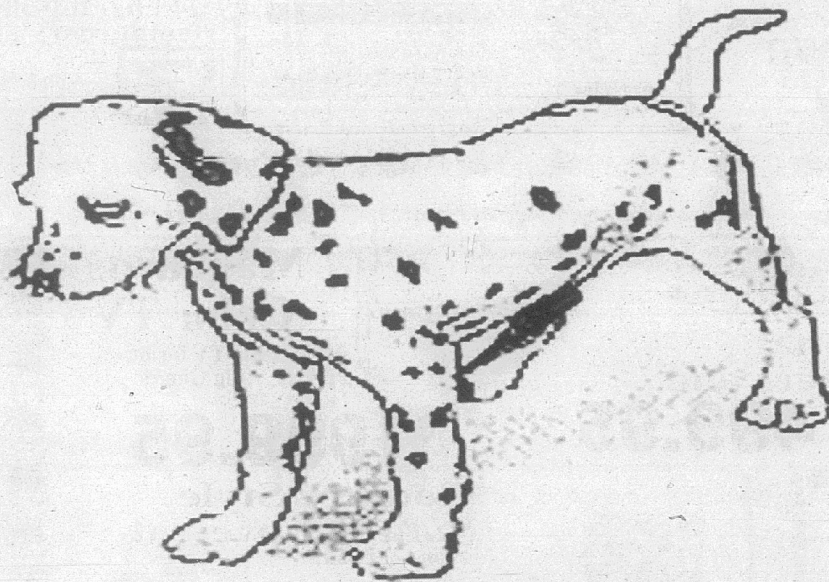
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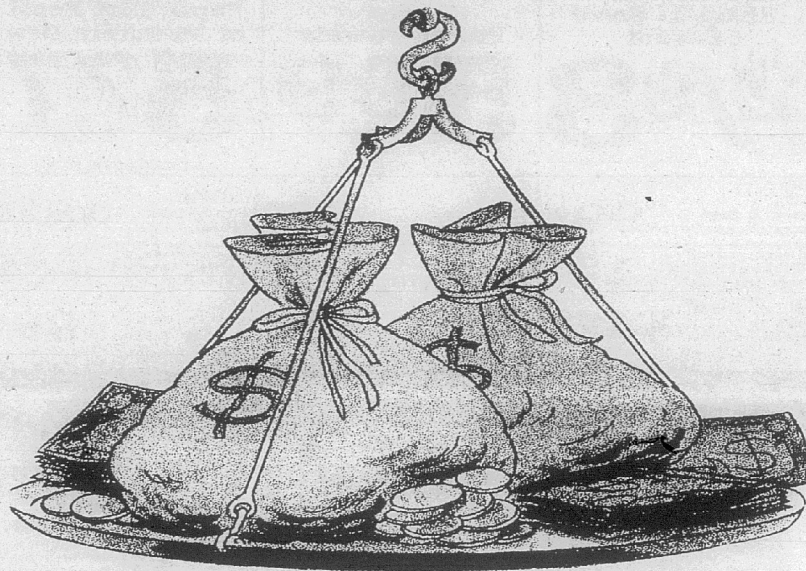
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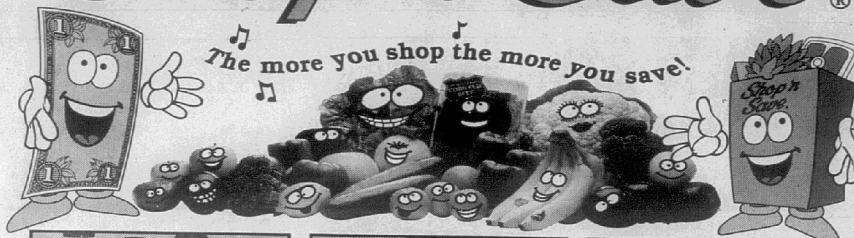
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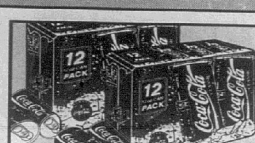
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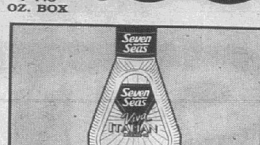
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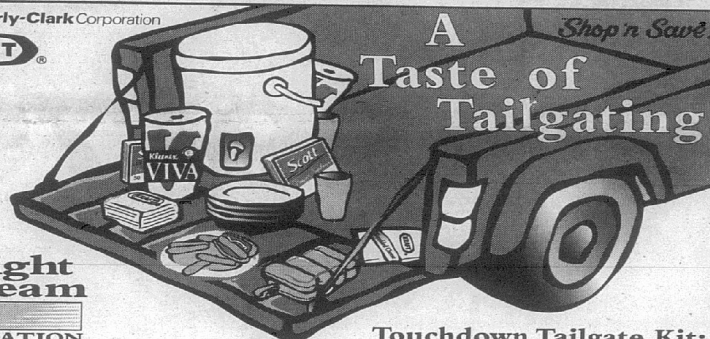
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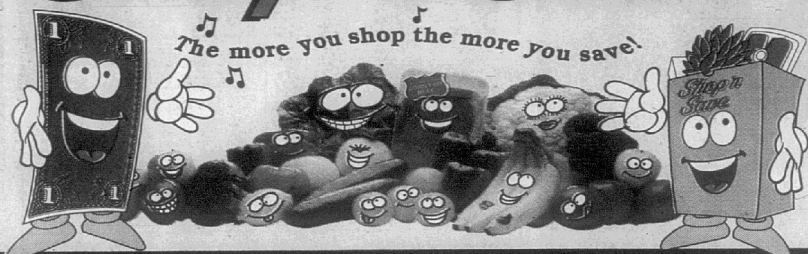
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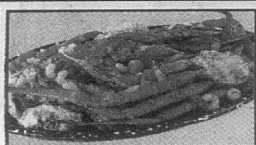
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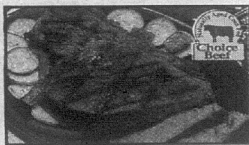
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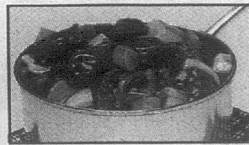
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Oscar Mayer Bacon.....

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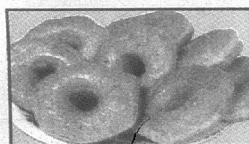
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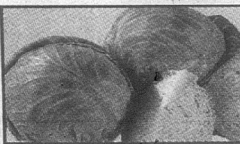
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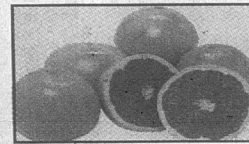
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10083A

By Tom Strongman

This car is vastly better than the last one. It's tighter, sleeker and more powerful. The wheelbase is 8 inches longer, yet overall length has grown only 1.2 inches. Its wedge-shaped exterior has traditional Corvette styling cues, yet it looks clean and crisp. The chopped off

In addition to being bigger, the interior is much more hospitable. The dash is curved gently into the console, and behind the steering wheel sits an instrument pod where each gauge is mounted on its own pedestal at a slightly different level, creating three-dimensional depth. Very simple, very slick.

Counterpoint: For those of us who are monetarily challenged, the convertible still may be beyond our reach, even though it actually costs less than the 1996 model. It is still about \$6,000 more than the coupe.

By Rick Stoff

After years in which the automotive "space race" seemed to center around the development of increasingly fancy and costly cars, cost control has suddenly come into style. Honda boasts that its newly designed Accord costs 20 percent less to produce than the previous model.

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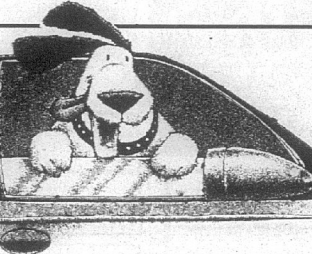
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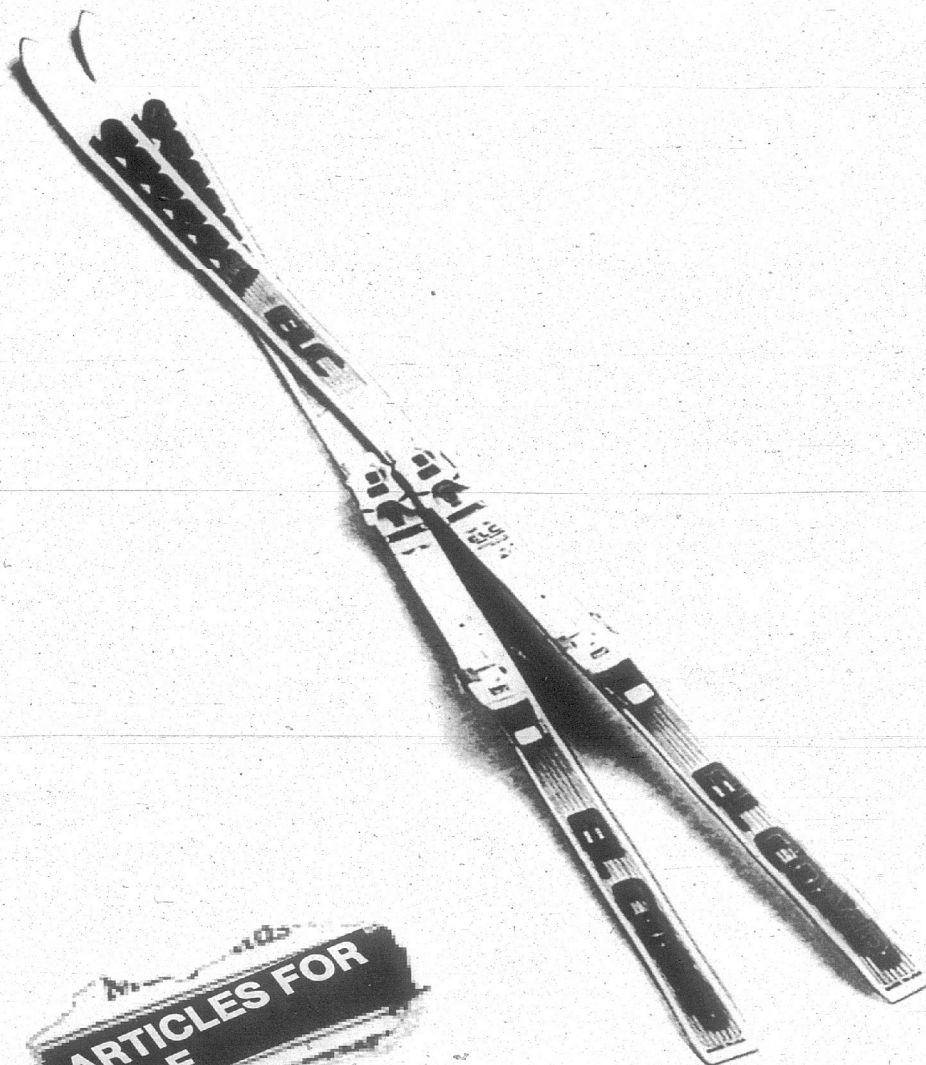
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In the

Suburban Journals



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Corn crops flourishing across Metro area

Special to the Journal

Farmers are thankful that the corn crop survived a hot, dry summer and may produce good yields in the fall harvest. "The corn made it through a drought in July and will produce better yields than predicted," said Ray Gvillo of the Madison County Farm Service Agency in Edwardsville.

Farmers are sowing their combines through the fields to harvest the annual corn crop in Madison, Macoupin, Jersey, Greene and Calhoun counties. Growers in the five counties may reap as much as \$80 million at the grain markets from an estimated 200,000 acres of corn, agriculture advisers said. Dry, sunny days have boosted the fall harvest, and farmers have cut 15 percent to 40 percent of the corn.

Farmers across Madison County could have corn yields averaging 110 bushels per acre

"If the rains would have come at the pollination stage this summer, we'd have seen another big crop like 1996."

Ray Gvillo
Madison County Farm Service

at the end of harvest this month, about 35 bushels an acre less than in 1996, Gvillo said.

"They'll see some fairly good yields even though there was a dry spell this summer,"

Madison County producers may receive about \$22 million at the market from 35,000 acres of corn, a decrease of \$7 million from the near bumper crop in 1996, Gvillo said.

"If the rains would have come at the pollination stage this summer, we'd have seen another big crop like 1996."

Hundreds of acres of corn wilted in the hot, parched soil in July in the five counties. "The corn stalks were firing (turning yellow) from the ground up during the critical pollination stage," Gvillo said. "It looked bad for the corn."

August rains soaked the soil and boosted the maturing ears, said Greg Lamb, manager of the Madison Service Co. in Edwardsville.

"It looked bleak for the corn in August but the later rains provided moisture to fill out the kernels on the corn ears."

Road work causing 157 jams

The Illinois Department of Transportation is resurfacing parts of Illinois 157, tearing up several streets and causing downtown traffic jams.

Joe Crowe, an IDOT engineer, said the roadwork would be done sometime this fall but could not give a specific date. It could run into December, he said.

The Illinois 157 work involves two projects, he said. The first job, awarded in June, starts on the north side of Edwardsville and stops just short of Hamel, he said.

The second project, the one that's responsible for slow-moving or stopped traffic at major downtown intersections, is a matter of simple resurfacing. Crowe said Illinois 157, approximately from Main Street to Schwarz Street, is affected.

—From the Telegraph

THIS IS HOW A DESPERATE DRUG ADDICT SEES YOUR CHILD.

He doesn't see the energetic, young mind that's underneath the cassette recorder. He doesn't see the much-loved, red-curtain block that's inside the leather jacket. All he sees is the cassette recorder and the jacket, and how to get the money for his next fix.

But the drug addict's real blindness is that he'll never see your child lying on the street. You must fight back. You can make a difference. Start now by calling 1-800-WE PREVENT and we'll send you information on successful ways to join with others to protect your children from crime in your neighborhood. Fight back against drug-related crimes. Call 1-800-WE PREVENT.

Crime Prevention Coalition and U.S. Department of Justice

New hybrid varieties of corn can also stand the heat stress.

Rainfall has been short this year compared with other years, said Bill Bryant of the National Weather Service in St. Louis.

"We've recorded 24 inches of moisture through Sept. 30, about 4 inches below normal for the year," he said.

Many farmers are drying their corn and storing it in grain bins on the farms before hauling the crop to market, Lamb said.

Madison Service will buy about 2 million bushels of corn this year, he said.

"Much of the corn we buy will be trucked directly from the farm to river ports to be shipped down the river."

The Macoupin Service Co. in Carlinville has bought about 300,000 bushels of corn from the harvest, grain department manager Steve Jones said.

"Farmers are unloading corn at our grain elevators across Macoupin County," Jones said. "Much of the grain is being hauled straight to the river terminals."

—From The Telegraph

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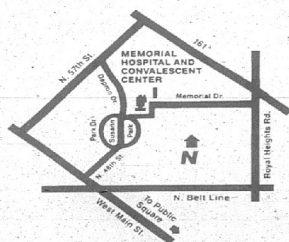
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AREA NEWS

Speakers Bureau all talk at BAC

Reading meeting minutes and seconding motions can get a trifle dull. Let someone else do the talking at your organization's next function.

The 70 presenters of Belleville Area College's Speakers Bureau, well versed in more than 145 topics, can provide information, amusing and motivational presentations to practically any group for free.

Brochures outlining the presentation offerings for the 1997-98 academic year now are available in room 1180 of the college's Belleville Campus, 2500 Carlyle Ave.

"The speakers bureau is a community service program," said Valerie Thaxton, BAC vice president of community services and campus operations and co-chair of the speakers bureau. "It gives our presenters the opportunity to share their knowledge and experience with the public in a more relaxed, informal setting."

Touching on such topics as careers, diversity, health,

gardening, science, parenting and travel, speakers bureau presentations are geared for audiences of all ages. Organizations targeted for the program include elementary and secondary schools; parent-teacher, civic and professional organizations; and community groups within the college's service area.

"The speakers bureau was implemented as part of BAC's 50th anniversary commemoration last year and was very well received by the community. In fact, our speakers have given more than 90 presentations since last fall," said BAC chemistry instructor Jim Massey, co-chair of the program. "It provides an ideal setting to showcase the high caliber of faculty employed by BAC."

Presentations will be scheduled based on the availability of the individual presenters.

Call Sharon Ronney toll-free in Illinois at 1-800-BAC-5131, extension 490, or call 235-2700, extension 490.

Telecommunications, law subjects of business seminars

The Southern Illinois University Edwardsville School of Business will present two seminars, Telecommunications in the 1990s and Beyond, and Employment Law on Oct. 8 and Nov. 5, respectively.

The seminars, sponsored by the SIUE Alumni Association, will be held in room 2407, Building II on the SIUE campus. Both seminars will begin at 7 p.m. There is no charge for attending the seminars, but reservations are required and can be made by calling the School of Business at 692-3822. Light refreshments will be served.

"The Telecommunications and Employment Law seminars are designed to educate area businessmen on new developments in two very important areas of business," said M. Robert Carver, dean of the School of Business. "The seminars will be conducted by two faculty members at the SIUE School of Business who are recognized experts in their respective areas."

Stanford L. Levin, professor of economics, will conduct the Oct. 8 seminar on Telecommunications in the 1990s and Beyond.

"Since the divestiture of AT&T in 1984, the business community has witnessed breathtaking developments in telecommu-

"Since the passage of the Civil Rights Act of 1964, a year has not passed without major developments in the area of employment law."

George M. Sullivan
professor of management

nications," Levin said. "Specifically, long distance competition, cellular service, internet access, a substantial variety of telephone equipment to purchase, and now local competition and new personal communications services."

The telecommunications seminar will address why these changes have taken place and what the results have been. Additionally, there will be a review of industry developments expected through the year 2000 with particular attention to price trends and service availability for businesses and consumers.

The seminar will explore how business-

ness and consumers can become educated about the highly competitive, rapidly changing and often confusing telecommunications marketplace and ways to protect their interests from unwanted developments.

The Business Law seminar on Nov. 5 will be conducted by George M. Sullivan, professor of management at the SIUE School of Business.

"Since the passage of the Civil Rights Act of 1964, a year has not passed without major developments in the area of employment law," Sullivan said.

The one-hour seminar is tailored for the general business practitioner and will address several important issues that are currently in the developmental stage. The seminar topics will include protection of managers making employment reference, the permissibility of compulsory arbitration as a contractual condition of employment, employer rights in the privacy controversy and the same-sex harassment issue pending in the U.S. Supreme Court.

For additional information or to make a reservation for the seminars, call the SIUE School of Business at 692-3822.

Youth reading initiative unveiled at SIU

Special to the Journal

The wife of SIU President Ted Sanders is making it her mission to launch youngsters on an early start in reading and to spread information about childhood immunizations and other health issues.

On Oct. 2, Beverly Sanders

kicked off the third year of her program, "A Book in Every Home," during a news conference at Southern Illinois University at Edwardsville.

The program collects children's books in receptacles located throughout the SIU campus system until Nov. 21. The donated story books will

be distributed in early December to children enrolled in SIU's various Head Start and Child Development programs with a special name label inside for each child.

"It's exciting for them; some of them have never been able to write their names in a book before. This is about SIU people giving to SIU children," Sanders said.

Donations of children's dictionaries and similar books will be used by the programs' lending libraries.

The programs serve a total of nearly 2,000 youngsters at 17 sites in St. Clair, Jackson and Williamson counties. Book

receptacles are located on the Edwardsville campus and at administrative offices at the SIUE School of Dental Medicine in Alton.

Sanders said she is looking for books with large, colorful pictures and large, legible print. The books also should have vocabulary suitable for children aged 2 to 6 years.

During the first two years of the project, she has collected and distributed more than 7,500 books. The goal this fall is to collect 3,000 books, she said.

Sanders, who has a degree in music, sometimes sings reading-themed songs with familiar tunes to the children as they get their books.

"I am trying to plant those seeds (with the children) now that I'm going to college and I'm going to SIU," she said.

Sanders said she also hopes to start a music program with the third- and fourth-graders in SIU's after-school programs, teaching them on plastic music projects.

This summer, Sanders started another community-oriented project, the printing and distribution of colorful, simple-to-read health brochures about childhood immunizations, depression and Alzheimer's disease.

Nine-thousand copies of each subject — featuring Dr. Know, an owl wearing a coat with the SIU logo — were distributed to Southern Illinois clinics, health centers and at the state fairs. One-thousand of the brochures were printed in Spanish.

"Our whole purpose is to distribute them in Southern Illinois, throughout the state," she said.

More brochures on six other health topics will be published soon.

— From the Telegraph

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